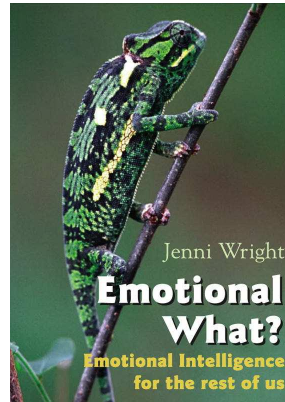


Emotional What?

Emotional Intelligence for the rest of us

by Jenni Wright



Product Description

This collection introduces many of the world's leading experts in emotional intelligence, and provides valuable perspectives on different definitions of this important capacity and numerous starting points for development. At its heart, emotional intelligence is a simple concept. We all have feelings, they are part of our basic biology. These feelings affect us, they affect our thinking and behaviour. If we accurately assess and correctly understand these feelings, we can then make better decisions and behave more effectively.

Unfortunately, this perspective is still new and flies in the face of centuries of habit. Even our language is influenced to suggest emotions are dangerous. Recently a US Senator called the President a liar, and in his apology said that his emotions got the better of him. How often have we heard that? Meanwhile the value of emotional intelligence becomes increasingly clear as new research is completed.

This book provides a wealth of information on the subject of emotional intelligence, with a rich variety of viewpoints to spark your thinking. But remember, emotional intelligence is not just about thought, it's about blending those sometimes evasive feelings with your analytical reflection, and then using that new insight to steer a better course.

Jenni Wright

"Be the change you want to see in the world" Mahatma Gandhi

<http://www.emotionalintelligenceaus.com>