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BUILD STRONGER RELATIONSHIPS**

**STEPHANIE CATELLA, PSYD | MATTHEW MCKAY, PHD**

FOREWORD BY ROBYN D. WALSER, PHD

# Spotlight Emotional Intelligence Workbook

**Stephanie Catella, Matthew McKay**



## **Spotlight Emotional Intelligence Workbook:**

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to be able to persuade influence or empathise with people in any situation Do you want to be able to click with people instantly Do you want people to trust you This new Teach Yourself Workbook doesn't just tell you what emotional intelligence is It accompanies you every step of the way with diagnostic tools goal setting charts practical exercises and many more features ideal for people who want a more active style of learning The book starts by helping you identify the behaviours associated with emotional intelligence and whether you are currently doing them It then helps you set specific goals to improve on as you progress through the book you will be able to keep checking your progress against these goals Specially created exercises using the tools of NLP hypnotherapy and cognitive psychology will help you to boost your emotional intelligence so that you can reach your potential in any situation Children's Books in Print, 2007 ,2006 *Emotional*

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The book delves into Spotlight Emotional Intelligence Workbook. Spotlight Emotional Intelligence Workbook is a vital topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Spotlight Emotional Intelligence Workbook, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
    - Chapter 1: Introduction to Spotlight Emotional Intelligence Workbook
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    - Chapter 3: Spotlight Emotional Intelligence Workbook in Everyday Life
    - Chapter 4: Spotlight Emotional Intelligence Workbook in Specific Contexts
    - Chapter 5: Conclusion
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  3. In chapter 2, the author will delve into the foundational concepts of Spotlight Emotional Intelligence Workbook. The second chapter will elucidate the essential principles that must be understood to grasp Spotlight Emotional Intelligence Workbook in its entirety.
  4. In chapter 3, this book will examine the practical applications of Spotlight Emotional Intelligence Workbook in daily life. This chapter will showcase real-world examples of how Spotlight Emotional Intelligence Workbook can be effectively utilized in everyday scenarios.
  5. In chapter 4, the author will scrutinize the relevance of Spotlight Emotional Intelligence Workbook in specific contexts. This chapter will explore how Spotlight Emotional Intelligence Workbook is applied in specialized fields, such as education, business, and technology.
  6. In chapter 5, the author will draw a conclusion about Spotlight Emotional Intelligence Workbook. The final chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Spotlight Emotional Intelligence Workbook.

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