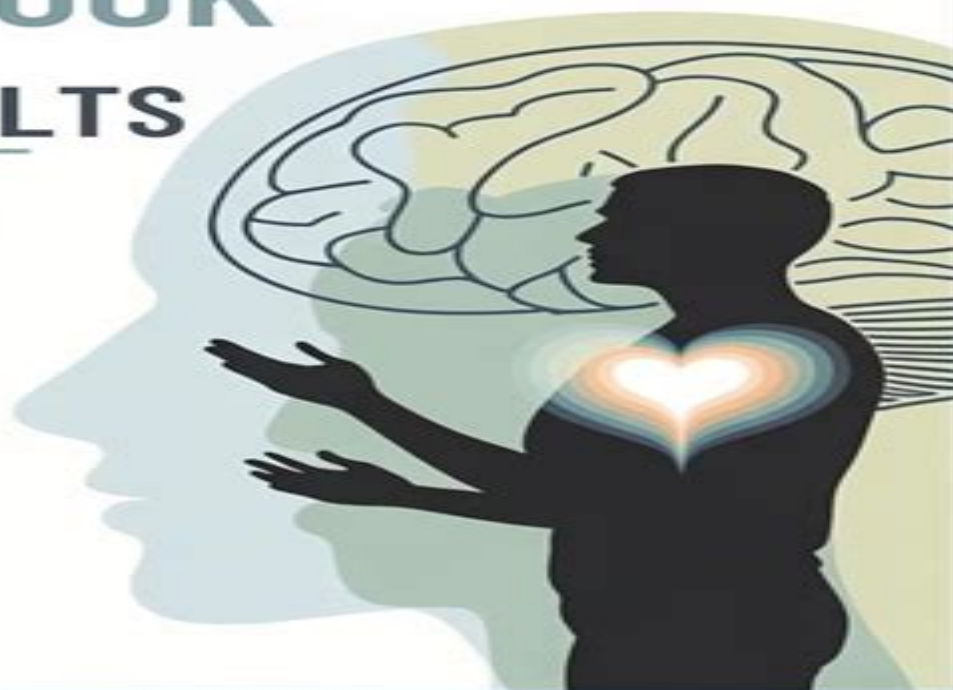


# EMOTIONAL INTELLIGENCE WORKBOOK FOR ADULTS

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Practical Exercise  
to Improve  
Self-awareness,  
Emotional  
Regulation,  
Communication,  
and Relationships



FLORA ROSE

# Ebook Emotional Intelligence Workbook

**Simone Janson**



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*Emotional Intelligence Workbook* Ronél Le Roux, Rina De Klerk, 2001      **Emotional Intelligence** MTD Training, 2002

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