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**IMPROVE COMMUNICATION AND
BUILD STRONGER RELATIONSHIPS**

STEPHANIE CATELLA, PSYD | MATTHEW MCKAY, PHD

FOREWORD BY ROBYN D. WALSER, PHD

Spotlight Emotional Intelligence Workbook

Stephanie Catella, Matthew McKay

A red circular graphic with a gradient, appearing as a partial circle or a stylized 'C' shape, located to the right of the authors' names.

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