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IMPROVE COMMUNICATION AND  
BUILD STRONGER RELATIONSHIPS

STEPHANIE CATELLA, PSYD | MATTHEW MCKAY, PHD  
FOREWORD BY ROBYN D. WALSER, PHD

# Emotional Intelligence Workbook Ebook

**D Keegan**

## **Emotional Intelligence Workbook Ebook:**

**Emotional Intelligence Toolkit** Jim Grant,Susan David,2015-04-01 A practical guide book to enhance emotional intelligence skills This book provides the opportunity for you to reflect on how why when and where your emotions interact with and contribute to or sabotage your thinking and behavior in all areas of your life Withincreased understanding and the practical tools provided throughout this book you will be able to effectively target the areas you want to improve further develop your areas of strength and help you achieve outcomes that are of value to you The book guides you through each of the MSCEIT sfour branches and eight tasks gives further information about them and discusses the real life implications and possibilities for improvement in these areas It offers tips for greater effectiveness and development exercises to help you integrate and personalize the information for your circumstances

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

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