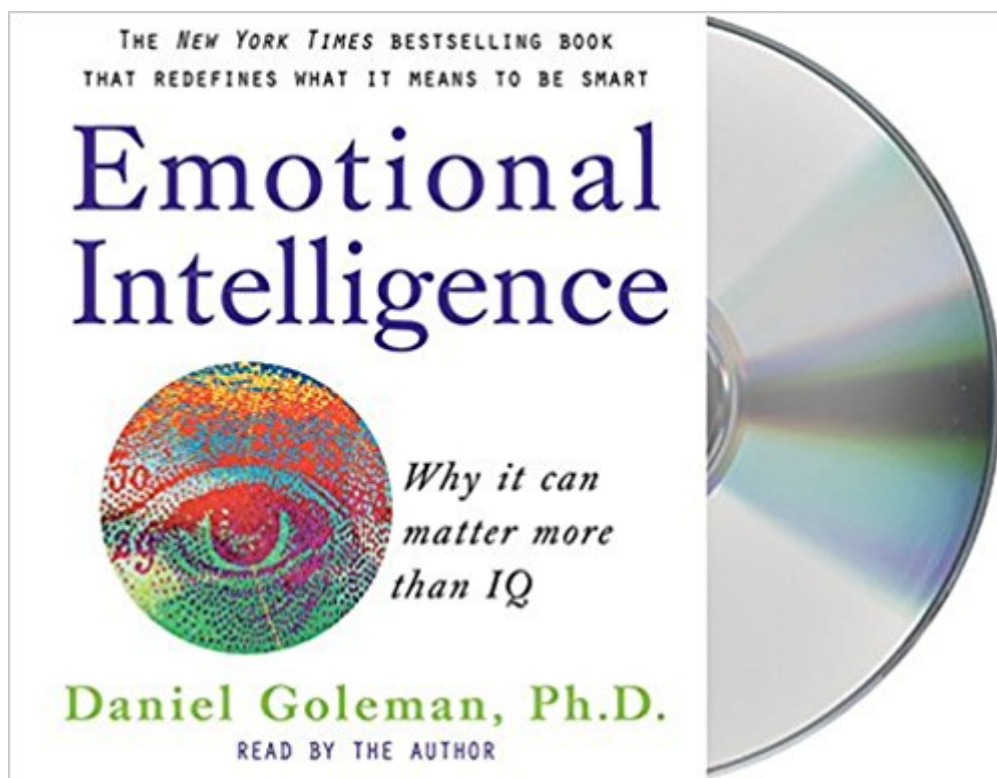




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Emotional Intelligence: Why It Can Matter More Than IQ (Leading With Emotional Intelligence)



Synopsis

Features a new introduction read by Daniel Goleman and a bonus dialogue between the author and Jon Kabat-Zinn. It is the tenth anniversary since the first publication of Daniel Goleman's groundbreaking bestseller, *Emotional Intelligence* which maps the territory where IQ meets EQ, where we apply what we know to how we live. Spending over a year on the New York Times bestseller list, *Emotional Intelligence* provided the evidence for what many successful people already knew: being smart isn't just a matter of mastering facts; it's a matter of mastering your own emotions and understanding the emotions of the people around you.

Book Information

Series: Leading with Emotional Intelligence

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Customer Reviews

There was a time when IQ was considered the leading determinant of success. In this fascinating book, based on brain and behavioral research, Daniel Goleman argues that our IQ-idolizing view of intelligence is far too narrow. Instead, Goleman makes the case for "emotional intelligence" being the strongest indicator of human success. He defines emotional intelligence in terms of self-awareness, altruism, personal motivation, empathy, and the ability to love and be loved by friends, partners, and family members. People who possess high emotional intelligence are the people who truly succeed in work as well as play, building flourishing careers and lasting, meaningful relationships. Because emotional intelligence isn't fixed at birth, Goleman outlines how adults as well as parents of young children can sow the seeds. --This text refers to the Hardcover edition.

New York Times science writer Goleman argues that our emotions play a much greater role in thought, decision making and individual success than is commonly acknowledged. He defines "emotional intelligence" as a trait not measured by IQ tests as a set of skills, including control of one's impulses, self-motivation, empathy and social competence in interpersonal relationships. Although his highly accessible survey of research into cognitive and emotional development may not convince readers that this grab bag of faculties comprise a clearly recognizable, well-defined aptitude, his report is nevertheless an intriguing and practical guide to emotional mastery. In marriage, emotional intelligence means listening well and being able to calm down. In the workplace, it manifests when bosses give subordinates constructive feedback regarding their performance. Goleman also looks at pilot programs in schools from New York City to Oakland, Calif., where kids are taught conflict resolution, impulse control and social skills. Copyright 1995 Reed Business Information, Inc. --This text refers to the Hardcover edition.

Very good information, but at times hard to follow and a bit dull. Needed to 're-listen' to certain parts in order to absorb all of the information.

I've heard about this book for some time and finally purchased it after watching an interview with Daniel Coleman on Oprah's Super Soul Sunday. Good information.

When I bought this book one of my friends asked me, "What is Emotional Intelligence?" and I replied Nobody could explain it better than Daniel Coleman. My friend started to flip through the pages. She did not give it back until she finished reading it. When she gave it back to me she said, "That was an eye opener, Thanks"

Being a huge geek, I quickly found myself lost in the first chapters of this magna opera: Goleman does an amazing job at walking the reader through the scientific basis for his analysis, and his yeoman explanation of how the various parts of our brain interact is fascinating. There are so many ways you can read and absorb this book: you have physical, psychological, pedagogical as well as self-help sides. Personally, I enjoyed a little bit of everything. Only half negative comment: it becomes a little repetitive towards the end, and you'll predict what the next page will tell you before you get there...then again, it was never intended to be a mystery novel was it?

An excellent perspective into a needed understanding of one of the most illusive aspects of the human life, our emotional dynamic. There will be cynical critics, but truthfully knowing thyself is powerful when trying to understand other.

A fascinating book, and must-read for those seeking to understand and improve their inner lives.

Even after 20 years this topic is just beginning to be taken seriously. Emotional Intelligence reminds us that people are more than a traditional IQ. Very valuable for anyone who wants to build a cohesive team or to learn to motivate others.

The book references and makes sense of the results of a variety of scientific studies and documented cases on the subject of emotional responses. It is not a science book: anyone can follow it's arguments and examples; it's focus is how, with a solid footing on actual evidence, can we understand the causes and effects of emotions, how they help or hinder our capacity to solve problems, and to what extent and by what means can we exert control of them. It provides a sound model about the working mechanics of emotions and how they articulate with reason and consciousness and, on the basis of this model, develops the concept of emotional intelligence, which might be summed up as:- An awareness of emotions at the moment they are happening- An ability (conscious or subconscious) of regulating them or their effects- The set of competencies through which they are put to use (self-motivation, motivation of others, maintaining focus, managing relationships, and such)

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