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# Emotional Intelligence: A Practical Guide To Making Friends With Your Emotions And Raising Your EQ (Positive Psychology Coaching Series Book 8)

POSITIVE PSYCHOLOGY COACHING SERIES

## EMOTIONAL INTELLIGENCE

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A PRACTICAL GUIDE TO MAKING FRIENDS WITH YOUR  
EMOTIONS AND RAISING YOUR EQ



IAN TUHOVSKY

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## Synopsis

Do you believe your life would be healthier, happier and even better, if you had more practical strategies to regulate your own emotions? Most people would say yes. Or, more importantly: Do you believe you'd be healthier and happier if everyone who you live with also had the strategies to regulate their emotions?...right? The truth is, not many people realize what EQ is really all about or what causes its popularity to grow constantly. Scientific research conducted by many American and European universities prove that the "common" intelligence responses account for less than 20% of our life achievements and successes, while the other over 80% depends on emotional intelligence. To put it simply: either you are emotionally intelligent or you are doomed to mediocrity, at best. As opposed to the popular image, emotionally intelligent people are not the ones who react impulsively and spontaneously or who act lively and fiery in all types of social environments. Emotionally intelligent people are open to new experiences, can show feelings adequate to the situation, either good or bad, and find it easy to socialize with other people and establish new contacts. They handle stress well, say "no" easily, realistically assess the achievements of themselves or others and are not afraid of constructive criticism and taking calculated risks. They are successful. Unfortunately, this perfect model of an emotionally intelligent person is extremely rare in our modern times. Sadly, nowadays the amount of emotional problems in the world is increasing at an alarming rate. We are getting richer, but less and less happy. Depression, suicide, relationship breakdowns, loneliness by choice, fear of closeness, addictions—these are clear evidence that we are getting increasingly worse when it comes to dealing with our emotions. Emotional Intelligence is a skill and can be learned through constant practice and training, just like riding a bike or swimming! This book is stuffed with lots of effective exercises, helpful info and practical ideas. Every chapter covers different areas of emotional intelligence and shows you, step by step, what exactly you can do to develop your EQ and become the better version of yourself. I will show you how freeing yourself from the domination of left-sided brain thinking can contribute to your inner transformation—the emotional revolution that will help you redefine who you are and what you really want from life!

**In This Book I'll Show You:**

- What Is Emotional Intelligence and What Does EQ Consist Of?
- How to Observe and Express your Emotions
- How to Release Negative Emotions and Empower the Positive Ones
- How To Deal With Your Internal Dialogues
- How To Deal With The Past
- How to Forgive Yourself and How to Forgive Others
- How to Free Yourself from Other People's Opinions and Judgments
- What Are "Submodalities" and How Exactly You Can Use Them to Empower Yourself and Get Rid of Stress
- The Nine Things You Need to Stop Doing to Yourself
- How to Examine Your Thoughts
- Internal Conflicts Troubleshooting Technique
- The Lost Art

of Asking Yourself the Right Questions and Discovering Your True Self!-How to Create Rich Visualizations-LOTS of practical exercises from the mighty arsenal of psychology, family therapy, NLP etc. -And Many, Many More!You do not need a Kindle to read this e-book. Available for immediate reading with your virtual cloud reader.Scroll to the top of the page and click the orange buy button to instantly download this book to your Kindle, PC or Mac

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## **Customer Reviews**

This was well written and very informative, Ian writes about many things which we are all aware of but may not know how to change. Now we do. It is a very helpful book if you want to really change your Emotional Intelligence and be more aware, more positive and happier

This book would benefit everyone. Having some emotional issues or not, Emotional Intelligence Training book can give you good information which can be very useful for your everyday life;

socially, at work, with family and even on a personal level. I admire Ian Tuhovsky's dedication to writing books of good quality. I have read most of his books and all of them were written intelligently, well-researched, thought of carefully and always were written with good intentions. I liked every chapter of this book. The exercises were easy to follow, the LBR was fun and I am looking forward to do the other exercises with my friends and family. This book full of information and ideas which are really helpful, as well as techniques and exercises which are proven to be effective. Excellent! I highly recommend it!

Emotional Intelligence; A Practical Guide To Making Friends With Your Emotions and Raising Your EQ by Ian Tuhovsky appealed to me because of my own desire to increase my wisdom around emotional intelligence (even though I'm logically and intuitively aware that there are gifted and /or talented people who do not believe in emotional intelligence). I'm always thirsting for knowledge as other people do and feel fortunate that I'm married to a supportive spouse who is understanding and encouraging of me studying various topics (such as those involving emotional intelligence). The following are some of the topics discussed in this book; The authors discussion of emotional intelligence (EQ) that was made popular by Daniel Goleman (pages 22-25). Chapter 7-Is This Thought Real-The authors explanation of reframing thoughts for better outcomes (pages 60-65). Chapter 15- How To Forgive (starts on page 123)- I'm still in the process of improving my ability to let go and forgive. However, I can truly say that I'm at least improving in this area compared to just a year ago. The author explains a way to see the positive intent behind whatever experience triggers the forgiveness test. Chapter 17 Perceptual Positions are discussed and the multiple sides of the story facet (starts on page 132).

If you're looking for a practical guide to enhance your EQ, I highly recommend you purchase and read this one. I just purchased the book less than 24 hours ago. I've already completed the book and am now focusing on the practical exercises! So far, I'm feeling extremely positive about the outcomes of the exercises I've completed and excited about what's yet to come! This book is definitely life-changing!

Amazing book! It is jam-packed with actionable tools and exercises for enhancing an EQ factor. More practical and helpful than any of the countless books and courses I took on personal leadership and EQ. Highly recommended to those who want to see real changes in attitude and thinking.

A lot of fun points. Such as, people continually stuff their heads with worthless data (news addiction), and the myth of the importance of the rational mind. Definitely some new ways of looking at the world. Learning about submodalities was also very useful, and acquainting emotions I am very sure of with visualizations. These days I am getting hardcore into visualizing as a way to pump up my motivation levels on a daily basis, which has doubled my productivity so far “ so this is a good book if you’re doing anything similar with your life.

Not to many how to books provided real world examples and practical exercises. This book is a comprehensive explanation, and self help guide to becoming emotional intellect and its provision for same is detailed with astronomical amount of value. I am clearly confident that anyone looking to learn more about EI or who want to become the best that they can be in life and with success; read this book.

This is a book loaded with wisdom that will give you ways to understand your thoughts, why you think that way, deal with your internal conflicts, and embrace positive emotions. What’s more, it systematically teaches you to go through your own thinking process, guides you to analyze it, and helps you come up with effective and actionable solutions. One great feature of the book is that it comes with a lot of exercises you can take advantage of to implement different techniques mentioned throughout this book such as "re-framing", which means how to stop negative perceptions or emotions and establish new beliefs and positive emotions. This is also a book of motivation that will help you become more positive, peaceful and intelligent should you follow the teachings within the book. I highly recommend this book to anyone!

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