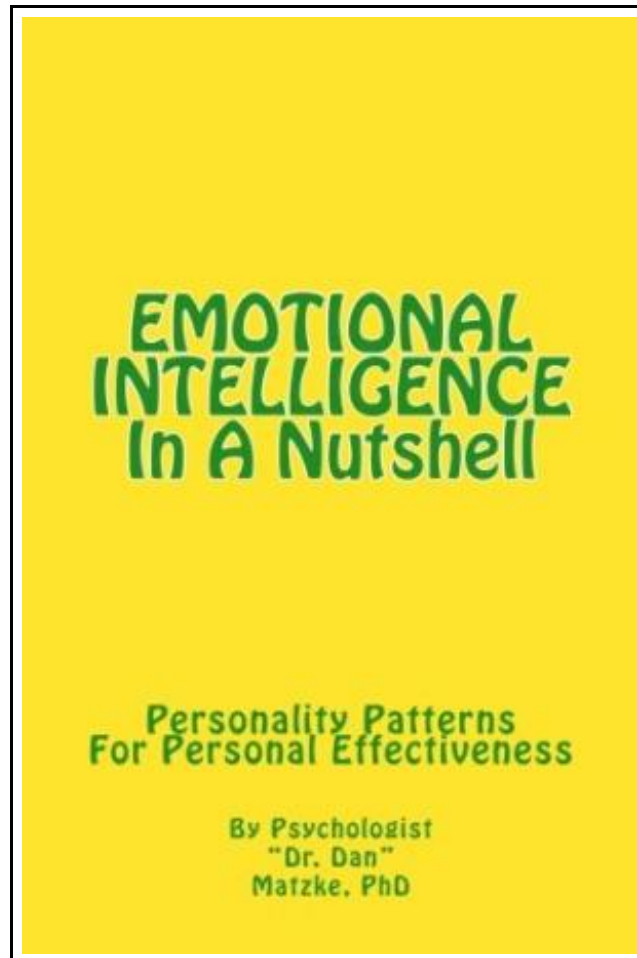


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Createspace Independent Publishing Platform, United States, 2012. Paperback. Book Condition: New. 178 x 128 mm. Language: English . Brand New Book ***** Print on Demand *****.EMOTIONAL INTELLIGENCE In A Nutshell Personality Patterns For Personal Effectiveness What is emotional intelligence ? Emotional intelligence refers to an awareness of and ability to manage emotions and create motivation. It is a set of personal and interpersonal skills (including the ability to apply knowledge understanding) related to one s personality and behavior patterns, which results in a person being able to function more effectively in life. This book explores key elements of effective personality which promote emotional intelligence, personal effectiveness and well-being. The word personality refers to an individual s total make-up, including psychological and emotional characteristics, and behavior. The phrase effective personality refers to an individual who is highly functioning, who is well-adjusted, a person who is successful at living - thriving prosperous. They would tend to have a high level of self-esteem and self-confidence, a sense of purpose and direction in life, and would feel that they are being productive, useful, and contributing to the world around them. Characteristics of effective personality tend to minimize stinkin thinkin and to maximize effective thinking. These traits of effective personality can be developed through study and practice, thereby increasing an individual s personal and professional success in life. Let s begin by stating that no one individual has all of theses characteristics all of the time, but we can all work toward developing them more in our lives. The key elements aren t presented in any particular order or priority - rather they tend to overlap and interact with each other, much like the strands of a rope. TABLE OF CONTENTS Acknowledgements Disclaimer Introduction Effective Personality Patterns: Openness Acceptance Spontaneity Autonomy Trusting Relationships Fellowship With...



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