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are more adept interpersonally men on the other hand
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components of emotional intelligence like self awareness empathy and social skills shape an individual s life he explores key themes such as the impact of emotional intelligence on personal and professional success the relationship between thus for all its faults and limitations iq is one up on eq because it is easily and with considerable psychometric consensus measured and measurable goleman suggests that eq includes self control zeal persistence and the ability to motivate others violence a spreading emotional malaise can be read in numbers showing a jump in depression around the world and in the reminders of a surging tide of aggression teens with guns in schools freeway mishaps ending in shootings disgruntled ex employees massacring former fellow workers 352 pages 1 bestseller the groundbreaking book that redefines what it means to be smart with a new introduction by the author a thoughtfully written persuasive account explaining emotional five years later psychologist writer daniel goleman unconstrained by scholarly review processes penned emotional intelligence why it can matter more than iq which widely popularized emotional literacy affects how we relate to others manage conflict and manage our emotional states and productivity specifically managers need emotional intelligence to i give effective feedback ii harness diversity at the workplace and ii build effective teams emotional intelligence is an insightful enlightening look at how awareness of the emotions and their physiology can help us to manage them when they affect our lives negatively know has

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