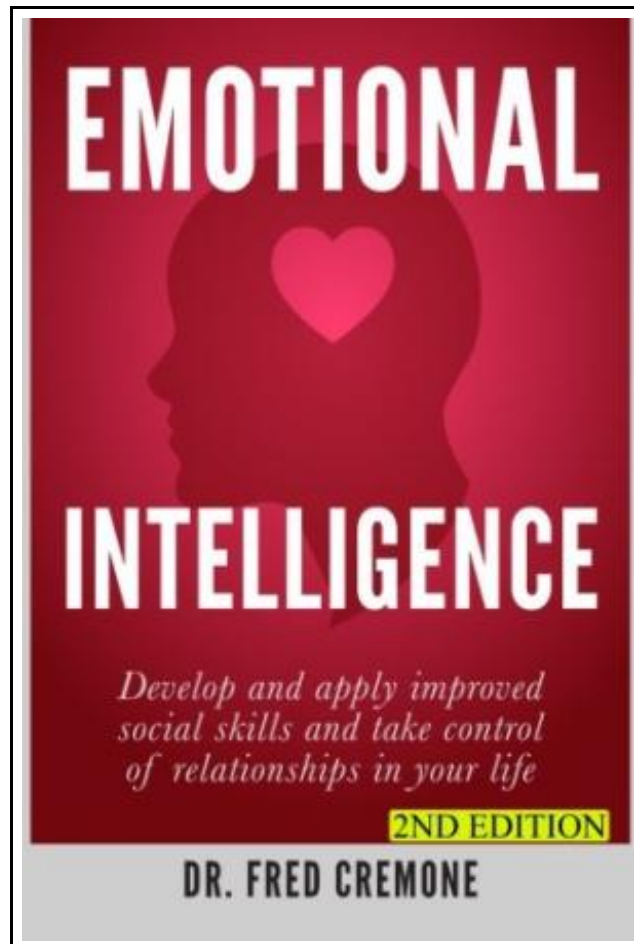


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you wish you had more friends? Is your love life as good as it could be? Do you wish you had a better job? Could you family relationships be better? Then you need Dr. Fred Cremone s latest work Emotional Intelligence: Develop and Apply Improved Social Skills and Take Control of Your Relationships and Your Life. You not only learn what emotional intelligence is, but how to apply it in your life to better your relationships with everyone. First, Dr. Cremone explains what emotional intelligence is. True, all of us have at least a little of this sense, but some of us have a great deal of it. These people are popular, enjoying many friendships and usually dating quite a bit. Dr. Cremone explains why this is, so we have a framework to improve our own social intelligence score. Dr. Cremone starts with an interesting but sensible premise: that we can not relate closely with others while we are consumed with our own stressors. Therefore, in order to develop social acumen, we must seek to control the stress in our lives. Interestingly, those who have delved into the subject of meditation will find some reading and exercises on practicing mindfulness as a method to increase your emotional intelligence. Dr. Cremone explains that mindfulness helps us to observe things and others closely, an important part of emotional intelligence. Then Dr. Cremone takes us into the application of emotional intelligence. This valuable sense can be applied in many situations, but foremost in relationships that need improvement, either personal or professional. In these relationships, we can closely observe all of the signals that person is sending out, so we can...



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