



Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children

By Linda Lantieri, Daniel Goleman

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What's the most important piece of your child's educational experience? If you think it's math, science, or reading, you might be overlooking an element that is fast becoming essential in today's stressful world: the capacity known as "inner resilience."

In *Building Emotional Intelligence*, pioneering educator Linda Lantieri joins forces with renowned psychologist Daniel Goleman to help children respond to and rebound from the challenges unique to the 21st century. How? Through a breakthrough, step-by-step guide that teaches children how to quiet their minds, calm their bodies, and manage their emotions more skillfully.

Now available to the public for the first time, here are Linda Lantieri's proven techniques for increasing self-esteem, improving concentration and awareness, and enhancing empathy and communication. This powerful curriculum is arranged according to age group and complemented by a spoken-word CD with exercises presented by Daniel Goleman.

Building Emotional Intelligence invites you and the children in your care to explore:

- Relaxing the Body and Focusing the Mind, two fundamental techniques for thriving in our unpredictable and distraction-filled environments
- How to foster the five basic competencies that make up emotional intelligence
- Bringing groundedness, confidence, and curiosity to all our daily experiences

"A heightened self-awareness, better ability to manage distressing emotions, increased sensitivity to how others feel, and the capacity to manage relationships well are vital throughout life. But the foundation is laid in childhood," says Daniel Goleman in his introduction. With *Building Emotional Intelligence*, parents, teachers, and caregivers have the tools necessary to promote these invaluable skills in the children they raise.

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Editorial Review

Review

"*Building Emotional Intelligence* will be a welcome resource for parents and teachers seeking to teach children to slow down and listen to their inner voices."

—**Marian Wright Edelman**, President, Children's Defense Fund

"We all know kids struggle with stress. Now, *Building Emotional Intelligence* tells us how to help. Lantieri's simple but powerful exercises will help you inoculate your child with crucial coping skills to face a range of life challenges."

—**Rachel Simmons**, author of *Odd Girl Out: The Hidden Culture of Aggression in Girls*

"This book is critically needed at this important time in education in the United States. Schools have been consumed with improving children's math and literacy skills, but too often have neglected the important impact of strong social and emotional learning skills."

—**Carol Comeau**, Superintendent, Anchorage School District & Chair, Executive Committee, the Council of Great City Schools

"What a gift Linda Lantieri and Daniel Goleman give to children with *Building Emotional Intelligence*! The wonderful and appealing exercises and activities promise to cultivate in children a deep reserve of calm and inner resilience that will sustain them now and for the rest of their lives."

—**Nancy Carlsson-Paige**, author of *Taking Back Childhood*

"A comprehensive guide with practical exercises for parents and their children to calm the body and focus the mind. Using principles derived from modern brain research, Linda Lantieri has created a novel curriculum that promises to be enormously helpful in building a foundation for a successful life by cultivating skills in managing disturbing emotions, increasing empathy and cooperation and instilling calmness. This book and accompanying CD will be of interest to all parents who wish their children to be happy and successful."

—**Richard J. Davidson**, Director, Waisman Laboratory for Brain Imaging and Behavior, University of Wisconsin-Madison --*This text refers to an out of print or unavailable edition of this title.*

"This is the best book I know to help children learn inner-life practices that can strengthen and sustain them. A moving mix of compassion, skillful means, and wisdom."

—**Parker J. Palmer**, author of *The Courage to Teach*

"Linda Lantieri and Dan Goleman form a dream team to help children discover and refine their deep inner capacities for well-being, calmness, relaxation, and emotional intelligence."

—**Jon Kabat-Zinn, PhD**, founding director of the UMass Medical School Stress Reduction Clinic and the Center for Mindfulness in Medicine, Health Care, and Society

"This book is an essential and important guide for anyone interested in truly supporting our children toward success in school, in their full healthy human-development, and in life."

—**Jennifer Buffet**, president and co-chair of the NoVo Foundation

From the Publisher

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"This is the best book I know to help children learn inner-life practices that can strengthen and sustain them. A moving mix of compassion, skillful means, and wisdom that can support young people growing up in a perilous but still promising world."--Parker J. Palmer, author of *The Courage to Teach*

"In this collaboration, Linda Lantieri and Dan Goleman form a dream team to help children discover and refine their deep inner capacities for well-being, calmness, relaxation, and emotional intelligence. Their program is a marvelous way for parents and their children to adventure together to build inner strengths and resiliency in dealing with the many stresses that children face in their daily lives." --Jon Kabat-Zinn, Ph.D, Founding Director of the Stress Reduction Clinic and the Center for Mindfulness in Medicine, Health Care, and Society

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About the Author

Linda Lantieri is a Fulbright Scholar, keynote speaker, and internationally known expert in social and emotional learning, conflict resolution, intergroup relations, and crisis intervention. Currently she serves as the Director of The Inner Resilience Program (formerly Project Renewal), a project of the Tides Center, which is an initiative that equips school personnel with the skills and strategies to strengthen their inner resiliency in order to model these skills for the young people in their care.

Lantieri is cofounder of the Resolving Conflict Creatively Program (RCCP), which is being implemented at 400 schools in 15 school districts in the United States, with pilot sites in Brazil and Puerto Rico. Started in 1985, RCCP is now one of the largest and longest running research-based school (K-8) programs in social

and emotional learning in United States. Linda is also one of the founding board members of the Collaborative for Academic, Social, and Emotional Learning (CASEL). CASEL's mission is to establish social and emotional learning as an essential part of education from preschool through high school worldwide.

Lantieri has more than 35 years of experience in education as a former teacher, assistant principal, director of an alternative middle school in East Harlem, and faculty member of the Department of Curriculum and Teaching at Hunter College in New York City. She has served as a death education consultant to a number of institutions, including the Mount Sinai School of Medicine and the New York City Public Schools, where she trained the first Crisis Response Teams in 1988. Linda is a Board Certified Expert in Traumatic Stress from the American Academy of Experts in Traumatic Stress.

Her honors include:

- National Education Association-designated Educational Innovator
- The Richard R. Green Distinguished Educator Award
- Spirit of Crazy Horse Award for "creating courage in discouraged youth"
- The International Education and Resource Network (iEARN) 2001 Making a Difference Award
- Senior Scholar at the Fetzer Institute, a nonprofit organization that supports research and education in the relationship between body, mind, and spirit
- Fellow of the George Lucas Educational Foundation - Senior Educational Advisor for the Don't Laugh At Me Project of Operation Respect, which was founded by Peter Yarrow of Peter, Paul and Mary

Users Review

From reader reviews:

Mike Jones:

The book Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children make you feel enjoy for your spare time. You need to use to make your capable more increase. Book can to get your best friend when you getting tension or having big problem together with your subject. If you can make reading through a book Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children to be your habit, you can get a lot more advantages, like add your capable, increase your knowledge about a number of or all subjects. You may know everything if you like open and read a reserve Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children. Kinds of book are a lot of. It means that, science e-book or encyclopedia or some others. So , how do you think about this book?

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