



Emotional Intelligence: Why It Can Matter More Than IQ

By Daniel Goleman

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Everyone knows that high IQ is no guarantee of success, happiness, or virtue, but until **Emotional Intelligence**, we could only guess why. Daniel Goleman's brilliant report from the frontiers of psychology and neuroscience offers startling new insight into our "two minds"—the rational and the emotional—and how they together shape our destiny.

Through vivid examples, Goleman delineates the five crucial skills of emotional intelligence, and shows how they determine our success in relationships, work, and even our physical well-being. What emerges is an entirely new way to talk about being smart.

The best news is that "emotional literacy" is not fixed early in life. Every parent, every teacher, every business leader, and everyone interested in a more civil society, has a stake in this compelling vision of human possibility.

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Editorial Review

Amazon.com Review

There was a time when IQ was considered the leading determinant of success. In this fascinating book, based on brain and behavioral research, Daniel Goleman argues that our IQ-idolizing view of intelligence is far too narrow. Instead, Goleman makes the case for "emotional intelligence" being the strongest indicator of human success. He defines emotional intelligence in terms of self-awareness, altruism, personal motivation, empathy, and the ability to love and be loved by friends, partners, and family members. People who possess high emotional intelligence are the people who truly succeed in work as well as play, building flourishing careers and lasting, meaningful relationships. Because emotional intelligence isn't fixed at birth, Goleman outlines how adults as well as parents of young children can sow the seeds.

From Publishers Weekly

New York Times science writer Goleman argues that our emotions play a much greater role in thought, decision making and individual success than is commonly acknowledged. He defines "emotional intelligence"?a trait not measured by IQ tests?as a set of skills, including control of one's impulses, self-motivation, empathy and social competence in interpersonal relationships. Although his highly accessible survey of research into cognitive and emotional development may not convince readers that this grab bag of faculties comprise a clearly recognizable, well-defined aptitude, his report is nevertheless an intriguing and practical guide to emotional mastery. In marriage, emotional intelligence means listening well and being able to calm down. In the workplace, it manifests when bosses give subordinates constructive feedback regarding their performance. Goleman also looks at pilot programs in schools from New York City to Oakland, Calif., where kids are taught conflict resolution, impulse control and social skills.

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From Library Journal

Scientific data emerging from studies using new brain imaging technologies have yielded fresh understanding of how emotions work and, argues the author, suggest ways to regulate the more negative emotions responsible for the horrendous acts of violence that are the stuff of daily headlines. The book calls for universal adoption of educational curricula that teach youngsters how to regulate their emotional responses and to resolve conflict peacefully. Along the way Goleman summarizes much of the best psychological work of the last few decades on such topics as the importance of learned optimism, the theory of multiple intelligences, the role of innate temperamental differences, and the importance of emotional intelligence in marriage, management, and medicine. Based on good empirical data (unlike many popular psychology books), this fine example is recommended for academic and larger public libraries.?Mary Ann Hughes, Neill P.L., Pullman, Wash.

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Users Review

From reader reviews:

Mike Munguia:

People live in this new day time of lifestyle always make an effort to and must have the time or they will get wide range of stress from both way of life and work. So , whenever we ask do people have spare time, we

will say absolutely of course. People is human not a robot. Then we ask again, what kind of activity have you got when the spare time coming to you actually of course your answer may unlimited right. Then ever try this one, reading publications. It can be your alternative in spending your spare time, often the book you have read will be Emotional Intelligence: Why It Can Matter More Than IQ.

Dorothy Waddell:

Many people spending their time by playing outside using friends, fun activity having family or just watching TV all day every day. You can have new activity to invest your whole day by studying a book. Ugh, think reading a book will surely hard because you have to bring the book everywhere? It okay you can have the e-book, delivering everywhere you want in your Cell phone. Like Emotional Intelligence: Why It Can Matter More Than IQ which is having the e-book version. So , why not try out this book? Let's find.

David Robinson:

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