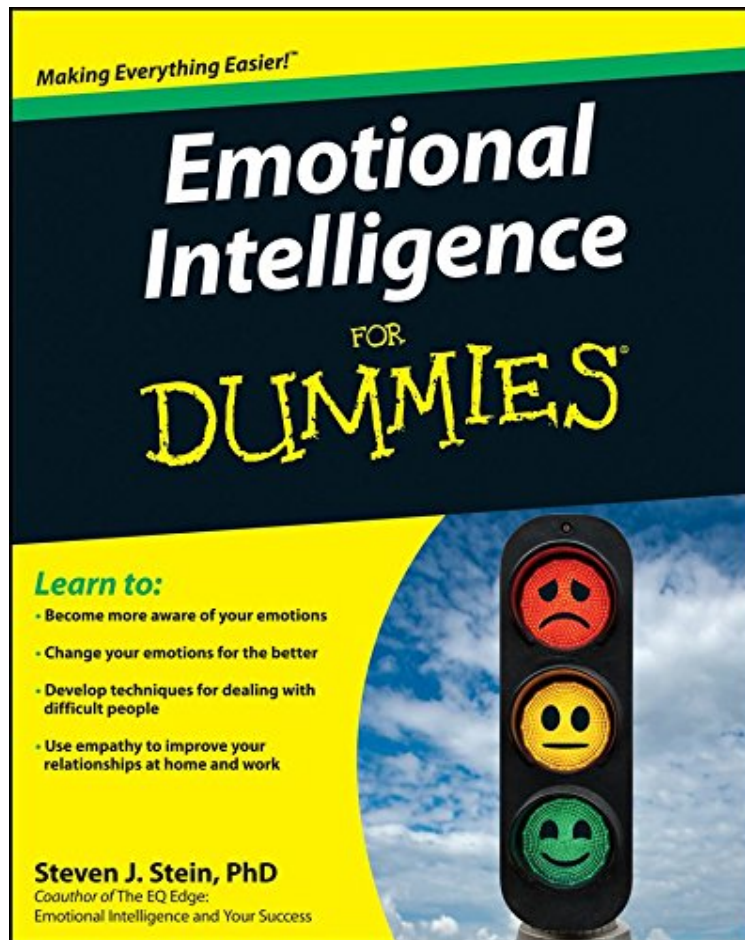


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# Emotional Intelligence For Dummies

Steven J. Stein

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**Steven J. Stein : Emotional Intelligence For Dummies** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Emotional Intelligence For Dummies:

11 of 11 people found the following review helpful. Not just for dummies By Boozer I have been reading lots of books on Emotional Intelligence. However, not every book can be judged by its title. Take the book entitled, "Emotional Intelligence for Dummies", for example. Of course I knew that sooner or later such a book would appear on the long list of similar books for dummies. But I bought the book even though I don't consider myself a dummy about emotional intelligence. To my surprise, it was well written and full of helpful information. Once you get past the title there is a wealth of information contained inside the book. The author, Steven Stein, co-authored "The EQ Edge" with Howard Book. Needless to say, Dr. Stein knows what he is talking about and I am now going to recommend "Emotional Intelligence for Dummies" to all my clients. What is important to know is that Dr. Stein is highly respected clinical psychologist who is considered an expert on emotional intelligence. If I were to give any homework assignments on emotional intelligence, I would suggest that people need to pay particular attention to the last third of the Stein's book. Reading chapters 14 thru 16 would definitely help anyone who works with another person. But there

would also be benefits for other relationships such as your spouse, best friend or life partner. You don't have to be a dummy to read this book. However, I could almost guarantee that you would be a smarter person after you finished it. 4 of 4 people found the following review helpful. Emotional Intelligence for Dummies By Adriaan Nieman The book is a terrific self-help guide for a person without any knowledge about emotional intelligence whatsoever. However, even a little knowledge about the subject makes the book superfluous and mediocre. I expected a lot more. The continuous warnings not to try anything at home, and to take tests only with the guidance of a professional, makes it a waste of time and money. I could have spent the time reading the book at a psychologist and completed the tests immediately, and have them interpreted. Eventually I would not suggest this as good reading to anybody. In my opinion the guidance of this book is self evident and common knowledge. 1 of 1 people found the following review helpful. A must read for everyone! By C Davis If everyone read this book at some point in their lives, the world should be a better place. I will be handing this to my sons when they are old enough to understand the concept of EI. Having emigrated from another country, we've been prompted to assess our lives in every way and this book has helped us understand the relationships in our lives and ultimately why we emigrated. Easy to read, enough depth and good, interesting chapters.

Being aware of and in control of your emotions is one of the keys to success in life -- both professionally and personally. Emotional Intelligence For Dummies will show you how to take control of your emotions rather than letting your emotions control you! Discover how developing your emotional intelligence can further your relationships with others, in the workplace and at home. Emotional awareness is also a critical skill for career success, and Dr. Stein provides practical exercises for developing this skill and achieving your professional and personal goals. He also provides valuable insights into how emotional intelligence can be applied to raising children and teenagers and realizing personal happiness. Full of lively anecdotes and practical advice, Emotional Intelligence For Dummies is the ideal book for anyone who wants to get smart about their feelings and reach the next level at work and at home. Manage your emotions - identify your feelings, determine what beliefs cause negative emotions, and stop self-destructive behaviors Discover the power of empathy - read other people's emotions through facial cues and body language and show them you understand their feelings Thrive at work - find a job that's right for you, overcome hassles and fears, and develop your leadership skills Build and sustain meaningful relationships - discover how to take your partner's emotional temperature and manage emotions to grow closer Raise an emotionally intelligent child - keep your cool with your child, coax shy children out of their shells, and get your child to be less aggressive and defiant

From the Back Cover Learn to: Become more aware of your emotions Change your emotions for the better Develop techniques for dealing with difficult people Use empathy to improve your relationships at home and work Take control of your emotions to achieve success in the workplace and happiness at home Being aware of and able to control your emotions is one of the keys to success in life, both professionally and personally. This friendly guide will help you to understand your feelings and how you can manage them, instead of having them control you. Through practical, proven techniques and helpful exercises, you'll discover how you can increase your confidence, build stronger relationships with your partner, family, and colleagues, and find authentic happiness. Manage your emotions; identify your feelings, determine what beliefs cause negative emotions, and stop self-destructive behaviors Discover the power of empathy; read other people's emotions through facial cues and body language and show them you understand their feelings Thrive at work; find a job that's right for you, overcome hassles and fears, and develop your leadership skills Build and sustain meaningful relationships; discover how to take your partner's emotional temperature and manage emotions to grow closer Raise an emotionally intelligent child; keep your cool with your child, coax shy children out of their shells, and get your child to be less aggressive and defiant "I suspect Emotional Intelligence For Dummies will motivate you to adopt a broader view of what it means to be smart, and you will find yourself further developing the emotional skills that allow you to lead a more satisfying life." Peter Salovey, PhD, Professor of Psychology, Yale University Open the book and find: The science behind emotional intelligence Exercises to help you turn negative emotions positive Ways to diffuse tense situations How to improve your performance at work Why emotionally intelligent workplaces are more productive The four keys to a lasting relationship What battles are worth fighting; and when to keep quiet How to help your child become emotionally aware About the Author Steven J. Stein, PhD, is a clinical psychologist and CEO of Multi-Health Systems (MHS), a leading international test publishing company. A leading expert on psychological assessment and emotional intelligence, he has consulted to military and government agencies, including the U.S. Air Force, Army, and Navy; special units of the Pentagon; and the FBI Academy; as well as corporate organizations, including American Express, Canyon Ranch, and professional sports teams.