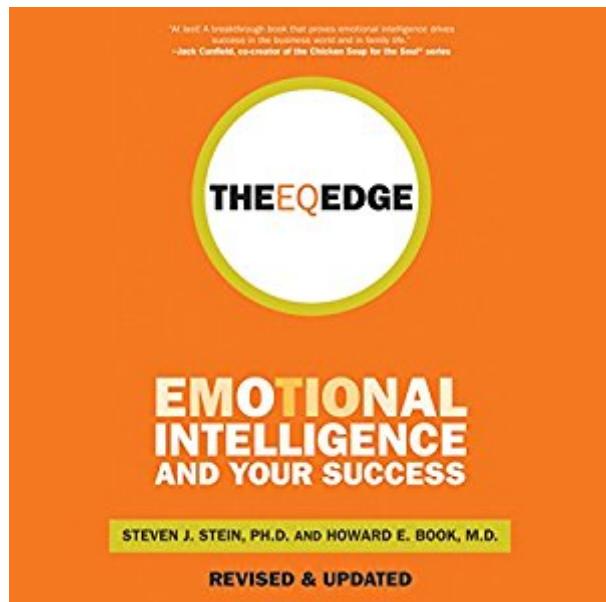


The book was found

# The EQ Edge: Emotional Intelligence And Your Success



## **Synopsis**

What does it take to be a firefighter? Fighter pilot? Top of the heap in the sales department? A brilliant customer service advisor? Esteemed and respected corporate leader? What does it take to get ahead? To separate yourself from the competition? Lead a less stressful existence? To be fulfilled in personal life and professional pursuits? What is the most important dynamic of your makeup? Is it your A) intelligence quotient? Or B) emotional quotient? If you picked "A", you are partly correct. Your intelligence quotient can be a predictor of things such as academic achievement. But it is fixed and unchangeable. The real key to personal and professional growth, and happiness, is your emotional quotient, which you can nurture and develop. *The EQ Edge*, by Steven J. Stein and Howard E. Book, shows you how the dynamic of emotional intelligence works. By understanding EQ, you can build more meaningful relationships, boost your confidence and optimism, and respond to challenges with enthusiasm - all of which are essential ingredients of success. The book features case studies and fascinating - and surprising - insights into EQ and the workplace. As an HR or line manager, this book will help you determine which personnel are the right fit for job opportunities and who among your staff will be the most promising leaders and drivers of your business. And because CEOs to front-line workers also have other roles - parent, spouse, caregiver to aging parents, neighbor, friend - *The EQ Edge* also describes how everyone can be more successful in these relationships.

## **Book Information**

Audible Audio Edition

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## **Customer Reviews**

This well-written book on Emotional Intelligence is highly recommended for anyone who wants: (1) a

good introduction of what EQ entails, and (2) a collection of applicable and practical tips to improve your EQ. This book organizes EQ into 15 scales (or qualities), and spend a chapter on each. This approach has allowed the readers to focus on one aspect of EQ at a time, instead of speaking vaguely about "someone having a low EQ because he is hot-headed..." Depending on your profile of strengths and weaknesses, you will most certainly find some chapters more interesting and useful than others. My personal experience is that even by reading about certain qualities that I thought I was strong at, I have at times picked up invaluable insights from the book that quell my previous misconception on these topics. Overall, it's a great read for anyone who wants a more systematic survey of the many angles of Emotional Intelligence.

This book is a good resource if you work with EQ. Helpful for your own benefit as well as helping others. It provides practical exercises and is especially beneficial if you use the EQ-i assessment, since the book is organized around the scales of that instrument.

The authors do a great job in defining EQ and differentiating it from IQ. While it offers an comprehensive overview of EQ from very qualified authors, it goes beyond most books on this topic. It provides us with stories, antecdotes and tips for increasing our EQ. The exciting news is that unlike IQ, we are able to increase our EQ. The strength of this book is in showing us how. Harvey Deutschendorf

Very well written, clear and understandable explanation of fascinating subject. Good actionable ideas for improving personal awareness, understanding and practice of Emotional Intelligence. A must for everyone struggling with leading their teams or would be leadership contenders

Useful summary of what EQ is all about. Describes how to understand the connection to success in relationships and business. Practical exercises help learn ways to apply the theories to improve emotional intelligence quotient (EQ).

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