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## Emotional Intelligence: Master Your Emotions Quickly and Increase Your Interpersonal Skills, Awareness, Mindfulness, and Begin Feeling Good! (Paperback)

By Ryan Cooper

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This Emotional Intelligence book contains proven steps and strategies on how to quickly master your emotions through emotional intelligence! Today only, get this Amazing Amazon book for this incredibly low limited time discounted price! Have you ever heard the saying, Master your emotions, and in turn you will master your life ? Emotional intelligence is a term that most people don't seem to understand, and this is so unfortunate, because your emotions are the only reality that truly exists. Do you understand how powerful your emotions are? Just to give you an example, emotions can cause you to fall in to the deepest pit of despair or cause you to feel the most exhilarating level of peace, joy, happiness, contentment, success, excitement, motivation, desire, love, and the list goes on and on. The most amazing thing about emotions and feelings is that if you employ emotional intelligence in your life you can literally pick and choose which emotions you want to feel, and when you want to feel them. My hope is that these eight chapters will give you...



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