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FOREWORD BY PATRICK LENCIONI,

bestselling author of *The Five Dysfunctions of a Team: A Leadership Fable*

The Emotional Intelligence Quick Book

EVERYTHING YOU
NEED TO KNOW TO
PUT YOUR **EQ** TO WORK

TAKE THE
ONLINE TEST
AND DISCOVER
YOUR EQ

TRAVIS BRADBERRY
and JEAN GREAVES

AUTHORS OF THE BESTSELLING *Emotional Intelligence Appraisal*™

Resumo de The Emotional Intelligence Quick Book: Everything You Need to Know to Put Your Eq to Work

First popularized by Daniel Goleman in his book Emotional Intelligence: Why It Can Matter More Than IQ, the concept of emotional intelligence is now widely accepted, not only within the psychological arena, but also, ever-increasingly, within the business world.

In The Emotional Intelligence Quick Book, authors Bradberry and Greaves outline techniques anyone can use to achieve goals in an easier and more fulfilling way, improve relationships, enhance health, and become more accomplished in the work force.

Starting with a discussion on what emotional intelligence (EQ, for short) is and how it impacts our lives, Bardberry and Greaves then provide readers with instructions for determining their own EQ via the book's companion Web site (the passcode for doing so can be found on the inside of the book's dust jacket).

They also provide a variety of ways readers can increase their EQ and put it to use in their personal and professional lives. Based on research with more than 500,000 people, The Emotional Intelligence Quick Book is exactly that, a quick and easy-to-read resource that empowers readers to master their EQ and more effectively incorporate it into all aspects of their daily lives.

Larry Trivieri Jr.

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