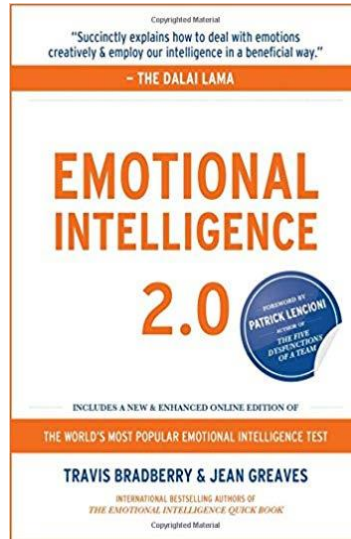




Words About Wellness

*Today's Book
Recommendation!*



IS EMOTIONAL INTELLIGENCE (EQ) MORE IMPORTANT THAN INTELLIGENCE QUOTIENT (IQ)?

Emotional Intelligence 2.0 delivers a step-by-step program for increasing your EQ via four, core EQ skills that enable you to achieve your fullest potential:

- 1) Self-Awareness
- 2) Self-Management
- 3) Social Awareness
- 4) Relationship Management

Includes a passcode for online access to the world's bestselling emotional intelligence test, the Emotional Intelligence Appraisal®, which will show you where your EQ stands today and what you can do to begin maximizing it immediately.

The authors surveyed more than 500,000 people on the role of emotions in daily life. The results of the surveys led to an EQ assessment that includes a 28-question online survey. This assessment will:

- Pinpoint which of the book's 66 emotional intelligence strategies will increase your EQ the most.
- Reveal the specific behaviors responsible for your EQ scores.
- Allow you to test yourself a second time to measure how much your EQ has increased from your efforts.

The book's smooth narrative style turns rigorous research into memorable stories and practical strategies that anyone can use to his or her advantage.

This book is available on [Amazon](#).