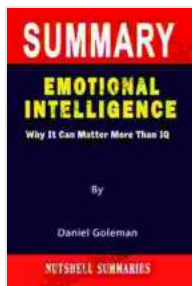


# Emotional Intelligence: Why It Can Matter More Than IQ

By Daniel Goleman

In his groundbreaking book, Daniel Goleman argues that emotional intelligence (EI) is just as important as IQ, if not more so. EI is the ability to understand and manage one's own emotions, as well as the emotions of others. It allows us to build stronger relationships, make better decisions, and cope with stress more effectively.



## SUMMARY EMOTIONAL INTELLIGENCE: Why It Can Matter More Than IQ By Daniel Goleman - A Novel Approach to Getting Through Books More Quickly

★★★★★ 5 out of 5

Language : English  
File size : 451 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 24 pages  
Lending : Enabled



Goleman identifies five key elements of EI:

1. Self-awareness: The ability to recognize and understand one's own emotions.

2. Self-regulation: The ability to manage one's own emotions and impulses.
3. Motivation: The ability to set and achieve goals.
4. Empathy: The ability to understand and share the feelings of others.
5. Social skills: The ability to build and maintain relationships.

Goleman argues that EI is essential for success in all areas of life. People with high EI are more likely to be successful in their careers, their relationships, and their overall well-being.

There is a growing body of research that supports Goleman's claims. For example, a study by the University of California, Berkeley found that people with high EI were more likely to be promoted to management positions. Another study by the Carnegie Mellon University found that people with high EI were more likely to be successful in their sales careers.

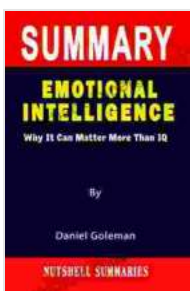
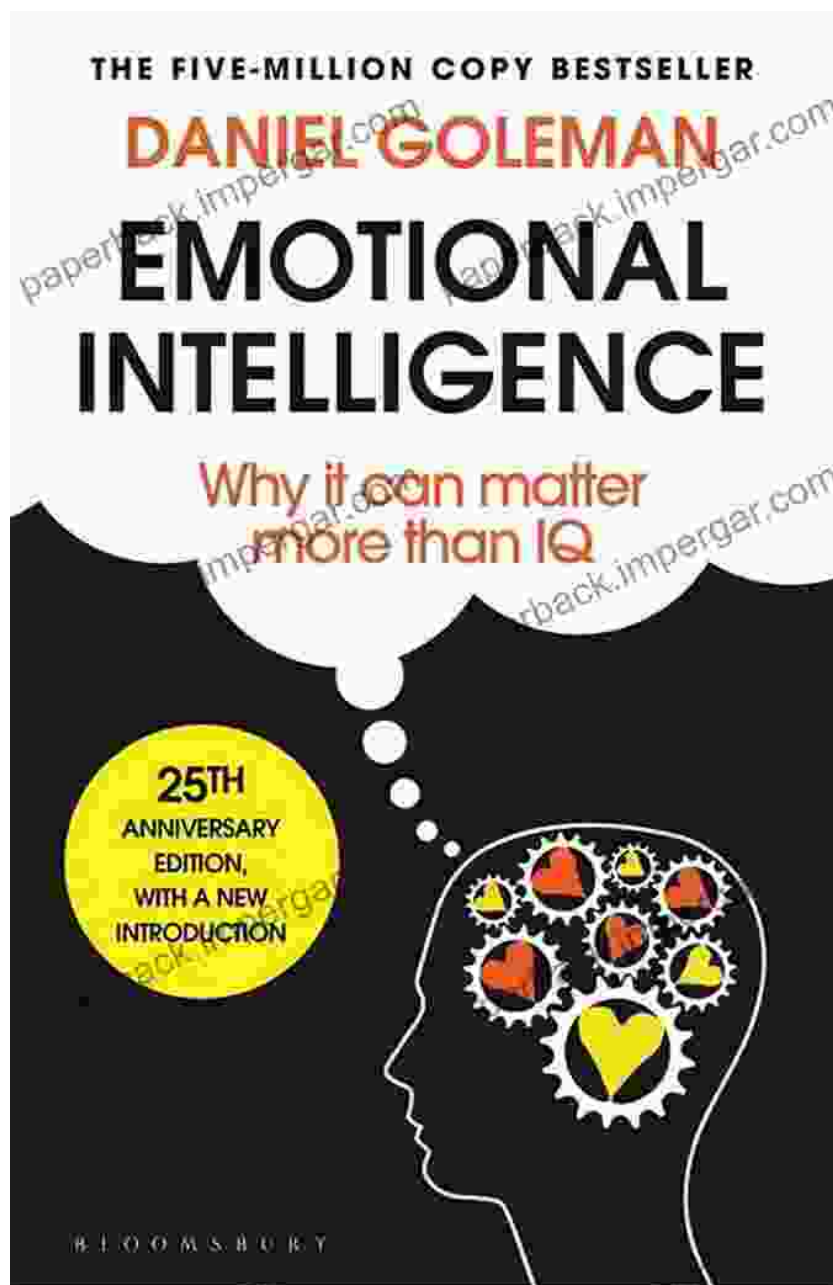
If you want to improve your EI, there are a number of things you can do. Here are a few tips:

- Pay attention to your emotions. What are you feeling and why?
- Try to understand the emotions of others. What are they feeling and why?
- Practice managing your emotions. Don't let your emotions get the best of you.
- Set goals for yourself and work towards them.
- Build and maintain relationships with others.

Improving your EI takes time and effort, but it is worth it. People with high EI are more likely to be successful and happy in all areas of their lives.

Emotional intelligence is a vital skill for success in life. It allows us to understand and manage our own emotions, as well as the emotions of others. It helps us build stronger relationships, make better decisions, and cope with stress more effectively. If you want to improve your EI, there are a number of things you can do. Start by paying attention to your emotions and the emotions of others. Practice managing your emotions and setting goals for yourself. Build and maintain relationships with others. With time and effort, you can improve your EI and reap the benefits.

**Call to action:** Free Download your copy of Daniel Goleman's book, Emotional Intelligence, today!

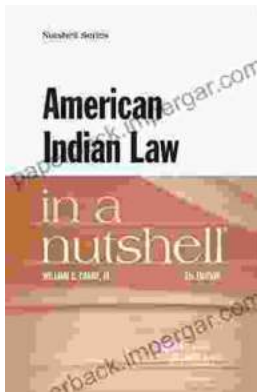


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