



Emotional Intelligence: The Ultimate Emotional Intelligence Guide: Develop Absolute Control Over Your Emotions and Your Life For Happiness, Success and Great Relationships (Emotional Mastery)

Emily James

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Do you sometimes find your emotions getting the better of you? Are there times you struggle to keep your emotions in check? Do you find it difficult to master your emotions in high stress or high intensity situations? Or, do you want to learn about how be the master of your emotions instead of your emotions mastering you? Are you curious about how you can become more emotionally mature? If so, this book is an excellent and appropriate tool for you! It can help you with the mentioned frustrations, desires and much more!

Human emotions are one of the most complex and diverse topics you could think of. Complexity and depth is only added when you begin to discuss mastering and controlling them. For many people, this is an everyday struggle, or something they wish to be better at. Whether you find your emotions reeling at work or you wish you had a larger emotional capacity, there are many ways to work on bettering how you display your emotions. This book can not only help you better understand emotions but also how to master them for higher intelligence. This book offers:

- Six different strategies to educate yourself and learn
- Real life scenarios that you can relate to and how to emotionally handle them
- Easy to follow instruction
- Helpful, concise, honest suggestions

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