
FRONT COVER:

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Foreword

Programs seeking to better emotional intelligence have been applied in numerous settings, and courses on developing one's emotional intelligence have been brought in universities and even in grade schools throughout the U.S. However what precisely is emotional intelligence? As is the case with all concepts, several doctrines exist which aim to most precisely describe and measure the notion of emotional intelligence. At the most common level, emotional intelligence (E.I.) refers to the power to recognize and regulate emotions in ourselves and other people.

As well emotional intelligence has been described as:

The power to perceive emotion, integrate emotion to facilitate thought, comprehend emotions, and to regulate emotions to promote personal growth.

E-Q Equation

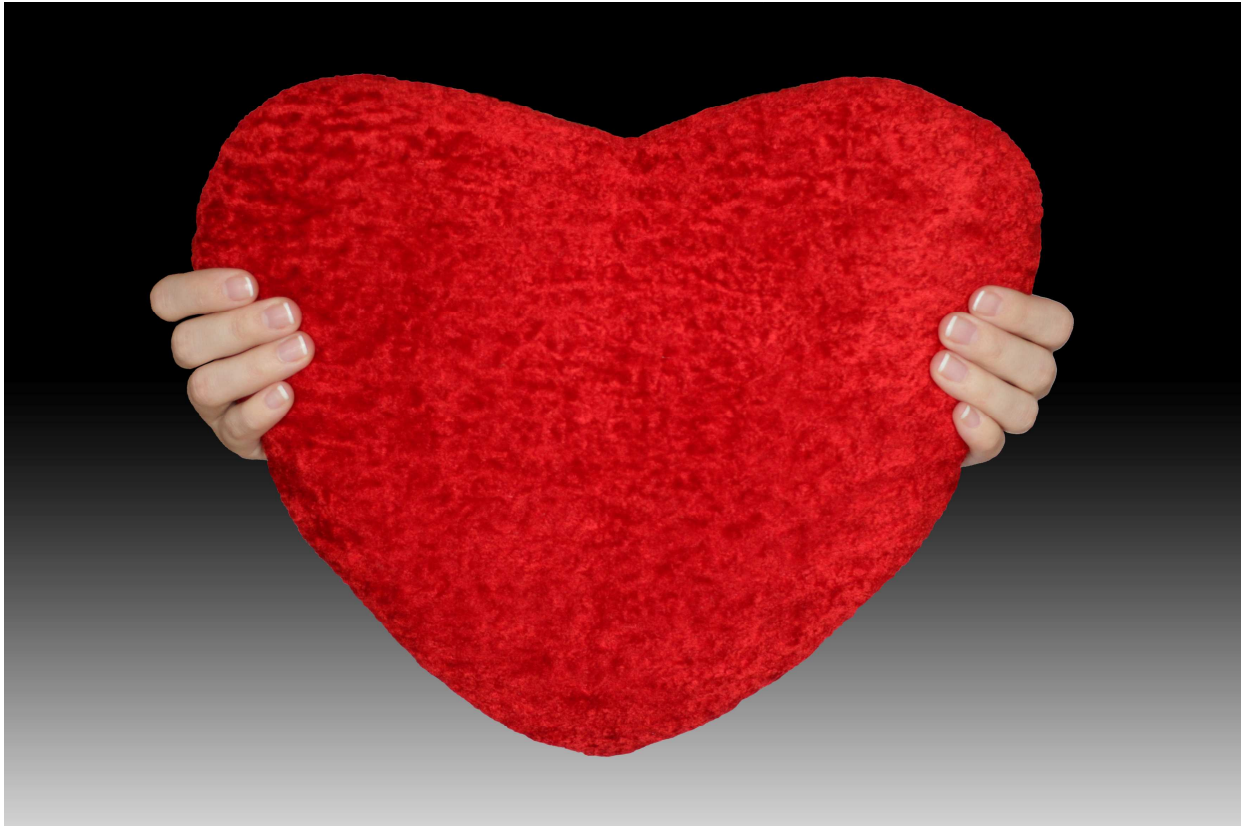
Develop your emotional quotient and lead a balanced life.

Chapter 1:

Understanding Emotional Intelligence

Synopsis

Salovey and Mayer first coined the term "emotional intelligence" in 1990 and have since carried on to conduct research on the implication of the concept.



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