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Titolo	The student EQ edge [[electronic resource]] : emotional intelligence and your academic and personal success // Steven J. Stein, Howard E. Book, Korrel Kanoy
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Altri autori (Persone)	BookHoward E KanoyKorrel
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Emotional intelligence: here to stay -- Class closed and the ABCDE model -- Emotional self-awareness -- Self-regard -- Self-actualization -- Emotional expression -- Independence -- Assertiveness -- Interpersonal relationships -- Empathy -- Social responsibility -- Reality testing -- Problem solving -- Impulse control -- Flexibility -- Stress tolerance -- Optimism -- Happiness -- EQ and student success -- EQ and work success -- The role of EQ in leadership -- EQ, lifestyle, healthy living, and relationships -- What's next?
Sommario/riassunto	Many students who are intellectually capable of succeeding have difficulties with a variety of non-cognitive competencies such as time and stress management, establishing positive relationships, and making wise decisions. They often adopt dysfunctional coping styles that can cripple their academic efforts. Increasingly, one of the missing factors in student success seems to be emotional intelligence. Written specifically for students by recognized authorities in emotional intelligence, this book will help them understand and develop their

emotional intelligence in order to enjoy a richer le
