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Nota di contenuto	Put Emotional Intelligence to Work: EEquip Yourself for Success -- Copyright -- Table of Contents -- Preface -- Chapter 1: Emotional Intelligence: The New Science of Success -- Chapter 2: Emotional Self-Awareness -- Chapter 3: Confidence, Self-Esteem, and Peak Performance -- Chapter 4: Anatomy of an Emotion -- Chapter 5: Cognitive and Behavioral Strategies for Managing Your Emotions -- Chapter 6: Achieving Goals and Overcoming Adversity -- Chapter 7: Social Awareness -- Chapter 8: EI and Workplace Issues -- Chapter 9: Emotional Intelligence and Influence -- Chapter 10: Putting It All Together -- Your EI Plan of Action -- Emotional Intelligence Quick Assessment -- Additional Resources -- About the Authors -- References.
Sommario/riassunto	This title teaches that emotional awareness is a direct key to personal and professional success and will help individuals at all levels understand how emotions have a direct and profound effect on how well he or she performs on the job and in life. In addition, this title presents great techniques to advance emotional self-awareness and tips to build self-esteem, confidence, and peak performance.