

EMOTIONAL INTELLIGENCE: WHY IT CAN MATTER MORE THAN IQ BY DANIEL GOLEMAN

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DANIEL GOLEMAN

Emotional Intelligence

Why it can matter
more than IQ



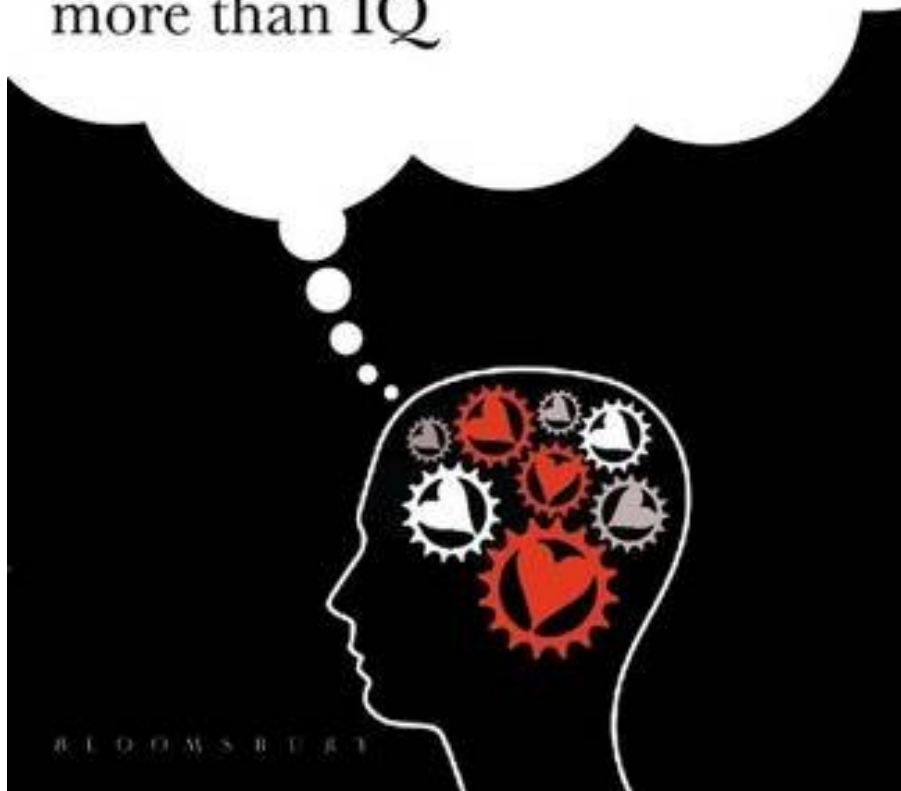
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Amazon.com Review

There was a time when IQ was considered the leading determinant of success. In this fascinating book, based on brain and behavioral research, Daniel Goleman argues that our IQ-idolizing view of intelligence is far too narrow. Instead, Goleman makes the case for "emotional intelligence" being the strongest indicator of human success. He defines emotional intelligence in terms of self-awareness, altruism, personal motivation, empathy, and the ability to love and be loved by friends, partners, and family members. People who possess high emotional intelligence are the people who truly succeed in work as well as play, building flourishing careers and lasting, meaningful relationships. Because emotional intelligence isn't fixed at birth, Goleman outlines how adults as well as parents of young children can sow the seeds.

From Publishers Weekly

New York Times science writer Goleman argues that our emotions play a much greater role in thought, decision making and individual success than is commonly acknowledged. He defines "emotional intelligence" as a trait not measured by IQ tests as a set of skills, including control of one's impulses, self-motivation, empathy and social competence in interpersonal relationships. Although his highly accessible survey of research into cognitive and emotional development may not convince readers that this grab bag of faculties comprise a clearly recognizable, well-defined aptitude, his report is nevertheless an intriguing and practical guide to emotional mastery. In marriage, emotional intelligence means listening well and being able to calm down. In the workplace, it manifests when bosses give subordinates constructive feedback regarding their performance. Goleman also looks at pilot programs in schools from New York City to Oakland, Calif., where kids are taught conflict resolution, impulse control and social skills.

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Scientific data emerging from studies using new brain imaging technologies have yielded fresh understanding of how emotions work and, argues the author, suggest ways to regulate the more negative emotions responsible for the horrendous acts of violence that are the stuff of daily headlines. The book calls

for universal adoption of educational curricula that teach youngsters how to regulate their emotional responses and to resolve conflict peacefully. Along the way Goleman summarizes much of the best psychological work of the last few decades on such topics as the importance of learned optimism, the theory of multiple intelligences, the role of innate temperamental differences, and the importance of emotional intelligence in marriage, management, and medicine. Based on good empirical data (unlike many popular psychology books), this fine example is recommended for academic and larger public libraries. Mary Ann Hughes, Neill P.L., Pullman, Wash.

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The groundbreaking bestseller that redefines intelligence and success Does IQ define our destiny? Daniel Goleman argues that our view of human intelligence is far too narrow, and that our emotions play major role in thought, decision making and individual success. Self-awareness, impulse control, persistence, motivation, empathy and social deftness are all qualities that mark people who excel: whose relationships flourish, who are stars in the workplace. With new insights into the brain architecture underlying emotion and rationality, Goleman shows precisely how emotional intelligence can be nurtured and strengthened in all of us.

- Sales Rank: #88332 in Books
- Published on: 1996-09-12
- Original language: English
- Number of items: 1
- Dimensions: 7.80" h x .94" w x 5.08" l, .56 pounds
- Binding: Mass Market Paperback
- 368 pages

Amazon.com Review

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Most helpful customer reviews

11 of 11 people found the following review helpful.

Dry lengthy reading. His recent Youtube clips are much more attractive and more relevant.

By Avi Liran

Dr. Daniel Goleman's report from the frontiers of psychology and neuroscience offers in his book Emotional Intelligence, why IQ is no guarantee of success, happiness, or virtue and why EQ plays a bigger role in our lives at home and at work. But this was great news many years ago.

To be frank, I enjoy listening to the Dr. Golemans' talks more than reading this book. I think this book was written with great content relevant to the time it was published. It was written with a lot of IQ but with less EQ for the fun and usefulness of the material to the normal person. It fits more professional scholars and logical people who are totally unfamiliar with the question why EQ is more important than IQ .

If you want a more practical, down to earth book that will give you tools to understand and manipulate your emotions and elevate your EQ, you might enjoy reading "Emotional Equation" by Chip Conley. http://www.amazon.com/Emotional-Equations-Creating-Happiness-Business/dp/1451607261/ref=sr_1_1?ie=UTF8&qid=1444557860&sr=8-1&keywords=emotional+equation

Goleman shades light into our "two minds"—the rational and the emotional—and how they together shape our destiny. He delineates the five crucial skills of emotional intelligence, and shows how they determine our success in relationships, work, and even our physical well-being.

Although much of the early child development affects empathy level, the good news is that "emotional literacy" is not fixed and can be trained. Goleman explains why empathy, self-awareness, and self-discipline is essential to success and positive human interaction.

Not surprisingly a new science is evolving called social neuroscience about the way we interact. (Remember the mirror neurons?) Daniel Goleman elaborates about it in his new book "Social Intelligence"

31 of 33 people found the following review helpful.

Just another PhD literature review

By Dr. B

I spend three hours a day commuting and try to make the best of those hours by listening to books on leadership, "EI", management, body language, etc. Reviewing the positive posts this looked like a good book to read to enhance my EQ skills and understanding. Unfortunately this is three CD"s of lists of research studies on EQ with little to no suggestions on how to use strategies or translate the findings to daily life activities. This is the first review I have ever written...don't buy this book. If I could score it a zero I would.

6 of 6 people found the following review helpful.

Connect with people to succeed in life

By J Becker

Excellent book on the softer skills that many of us technical people haven't developed. The book introduces you to these skills, explains why they are useful and provides instruction on how to develop them. This book is a must for the average technician or professional that wants to progress up the ladder of success or learn how to connect with people better. Hell, it helped me understand how to communicate and connect with my spouse much better, as well!

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