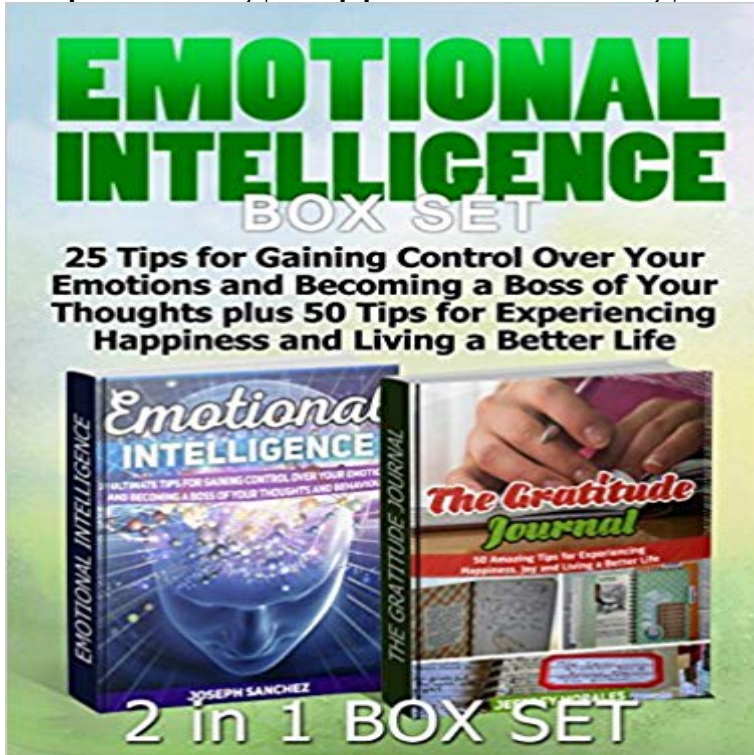


## Emotional Intelligence Box Set: 25 Tips for Gaining Control Over Your Emotions and Becoming a Boss of Your Thoughts plus 50 Tips for Experiencing Happiness ... intelligence at work, Gratitude Journal)



BOOK #1: Emotional Intelligence: 25 Ultimate Tips for Gaining Control Over Your Emotions and Becoming a Boss of Your Thoughts and Behaviour Emotional intelligence is a quality that all people have, and something all people can improve. While the standard IQ of a person determines how easily he is able to learn cognitively, a persons EI determines how well he can function and problem solve in a variety of situations. This book will explain what Emotional Intelligence is, and then offer suggestions for improving your own EI to the point where you will have increased control over your own thoughts, emotions, and behavior. In the book you are going to learn the following: A brief history of the definition and research of emotional intelligence, and the impact of the findings on the fields of education and employment A breakdown of the different traits and abilities that form emotional intelligence The benefits of improving emotional intelligence, in relationships, at work, and in the community A list of 25 tips for improving your emotional intelligence

BOOK #2: The Gratitude Journal: 50 Amazing Tips for Experiencing Happiness, Joy and Living a Better Life Everybody would like to experience joy and happiness in their lives. Everyone would like to live a better life. How we achieve this is perhaps the biggest and most important question we can ask. There have been two main approaches to trying to increase our happiness. The first is to be passive, to simply allow happiness to fall upon us, hoping that it will do so naturally. This approach, as if waiting for the sun to come out, tells us there is nothing we can really do to increase our happiness. We are either happy, or we are not and we must accept both of those possibilities. The second approach tells us to be more active. It says that some things make us happy money, cars, houses, holidays, sex, technology etc and that logically, the more

we have of these, the happier we will become. It teaches us to actively pursue these things and the income we need to acquire them. However, both of these approaches are fundamentally wrong. We know that neither of these are routes show any difference to the happiness of those people who pursue them. Both are misguided attempts to attain a better life. Instead, research has shown that there is a third way, a proven way that offers practical steps to increasing your happiness. It does encourage you to be proactive, but it does it in a way that trains your mind to adopt a more positive outlook. By forming positive habits we can fundamentally alter our mindset. The way to find happiness is through expressing gratitude. And the best way to express gratitude is to keep a gratitude journal. Many people testify that this is a concrete and reliable way to embrace the joy in your life. This guide contains 50 practical tips that will help you also change your life for the better. Here is what you will learn after reading this book: How to Experience Happiness Teaching Yourself To Become More Grateful Keeping a Gratitude Journal Getting Your FREE Bonus Download this book, and find BONUS: Your FREE Gift chapter right after the introduction or after the conclusion. Download your copy of Emotional Intelligence Box Set by scrolling up and clicking Buy Now With 1-Click button. \_\_\_\_\_ Tags: Emotional Intelligence Box Set, emotional intelligence at work, Gratitude Journal, emotional intelligence 2.0, emotional intelligence 2, gratitude stories, gratitude challenge, Emotional Intelligence, emotional intelligence free, emotional intelligence 2.0, emotional intelligence 2, emotional intelligence mayer, emotional intelligence marriage

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