



Executive Eq: How to Develop the Four Cornerstones of Emotional Intelligence for Success in Life and Work

Robert Cooper, Ayman Sawaf

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There's more to success than having a high IQ - emotion plays its part too. Emotional Intelligence (EQ) is increasingly being adopted as an essential management skill. EQ consists of five key dimensions: knowing one's emotions; controlling ones emotions; recognizing emotions in others (empathy) controlling emotions in others; and self motivation. This book provides practical guidelines and examples on how to use EQ to enhance personal and corporate performance.

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