



# Emotional Intelligence 2.0

By *Travis Bradberry, Jean Greaves*

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By now, emotional intelligence (EQ) needs little introduction—it's no secret that EQ is critical to your success. But knowing what emotional intelligence is and knowing how to use it to improve your life are two very different things.

*Emotional Intelligence 2.0* delivers a step-by-step program for increasing your emotional intelligence using the four core EQ skills—self-awareness, self-management, social awareness, and relationship management—to exceed your goals and achieve your fullest potential.

For the first time ever in a book, Drs. Bradberry and Greaves unveil TalentSmart's revolutionary program to help people identify their EQ skills, build these skills into strengths, and enjoy consistent performance in the pursuit of important life objectives. This audiobook contains proven strategies from a decade-long effort to accurately measure and increase emotional intelligence. Trusted by upper-echelon leaders inside companies worldwide, these strategies will enable you to capitalize on the skills responsible for 58% of performance in all types of jobs.

The new, enhanced online edition of the world's bestselling emotional intelligence test, the Emotional Intelligence Appraisal®, will show you where your EQ stands today and what you can do to begin maximizing it immediately.

The audiobook's smooth narrative style turns rigorous research into memorable stories and practical strategies that anyone can use to his or her advantage.

With 90% of top performers high in EQ, and EQ twice as important as IQ in getting where you want to go in life, who can afford to ignore it?

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## **Emotional Intelligence 2.0 By Travis Bradberry, Jean Greaves Bibliography**

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### Editorial Review

#### From the Inside Flap

"*Emotional Intelligence 2.0* succinctly explains how to deal with emotions creatively and employ our intelligence in a beneficial way."

--**THE DALAI LAMA**

"*Emotional Intelligence 2.0* is a fast read with compelling anecdotes and good context in which to understand and improve your score."

--**NEWSWEEK**

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**Includes a passcode for online access to the world's bestselling emotional intelligence test, the Emotional Intelligence Appraisal®, which will show you where your EQ stands today and what you can do to begin maximizing it immediately.**

Rooted in sound research involving more than 500,000 responses, this new edition of the test will:

- Pinpoint which of the book's 66 emotional intelligence strategies will increase your EQ the most.
- Reveal the specific behaviors responsible for your EQ scores.
- Allow you to test yourself a second time to measure how much your EQ has increased from your efforts.

The book's smooth narrative style turns rigorous research into memorable stories and practical strategies that anyone can use to his or her advantage.

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"Surveys of 500,000 people on the role of emotions in daily life have enabled the authors to hone EQ assessment to a 28-question online survey that can be completed in seven minutes."

--*The Washington Post*

"Read worthy strategies for improving emotional intelligence skills make this our how-to book of the week. It's nice to know that average IQ doesn't limit a person to average performance. And who can resist an online quiz with instant feedback?"

--*Newsday*

"This book can drastically change the way you think about success...read it twice."

--**Patrick Lencioni, author, *The Five Dysfunctions of a Team***

**Includes a passcode for online access to the world's bestselling emotional intelligence test, the Emotional Intelligence Appraisal®, which will show you where your EQ stands today and what you can do to begin maximizing it immediately.**

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About the Author

No Bio

No Bio

No Bio

## **Users Review**

**From reader reviews:**

**Laura Mason:**

Now a day people who Living in the era where everything reachable by connect to the internet and the resources within it can be true or not require people to be aware of each facts they get. How many people to be smart in having any information nowadays? Of course the answer is reading a book. Reading a book can help folks out of this uncertainty Information specifically this Emotional Intelligence 2.0 book because this book offers you rich data and knowledge. Of course the data in this book hundred % guarantees there is no doubt in it you know.

**Jimmie Houck:**

The book Emotional Intelligence 2.0 will bring that you the new experience of reading any book. The author

style to clarify the idea is very unique. In the event you try to find new book to read, this book very appropriate to you. The book Emotional Intelligence 2.0 is much recommended to you to read. You can also get the e-book from your official web site, so you can more easily to read the book.

### **Robert Banks:**

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