

Emotional Intelligence: Self-awareness PLR Ebook

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Emotional Intelligence - An Introduction By Rachel Goodchild 5,000 Words of Quality Content The serenity to accept the things I cannot change Unless we are able to gracefully accept that there is a limit to how much change we can effect, especially in other people, our emotions will be run ragged by our frustrations and petty annoyances. Emotional hijacking is the obvious net result of an inability to accept certain immutable facts. The courage to change the things I can We must grasp the nettle and take action where change is possible. This may not always be easy, especially when it relates to our own emotional shortcomings that may seem set in stone after too many years, but accepting unsatisfactory situations is undoubtedly an emotional failing. Learning to rationalize and control our emotions can help us formulate a plan of attack that can lead to positive change. The wisdom to know the difference This is the key. Emotional intelligence must be fed by our thinking intelligence. Our emotional brain has to receive and accept the guidance of our rational mind to ensure that the decisions we make and the reactions we have are correct for the given circumstances. Contents:- Introduction To Emotional Intelligence The Emotional Brain How To Strengthen Your EI And Increase Your IQ Strategies For Self-Awareness 10 Exercises To Strengthen Your Teams EI Final Thoughts Distribution Rights:- [YES] Can be sold [YES] Can edit completely and put Your Name put on them [YES] Can claim yourself as Author [YES] Can be part of a paid Membership Site [YES] Can be Packaged with other paid products [YES] Can be offered as a Bonus to a paid product [YES] Can be used as web content [YES] Can be broken down into new articles [YES] Can be packaged into ebooks or new products [YES] Can do Absolutely Anything You Want with Your Compiled PDFs [NO] You CANNOT sell PLR (Private Label Rights) [NO] You CANNOT Give Away the Source Files

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