

<<the other kind of sm>>

图书基本信息

书名：<<the other kind of smart另一种智慧>>

13位ISBN编号：9780814414057

10位ISBN编号：0814414052

出版时间：2009-3

作者：Harvey Deutschendorf

页数：218

版权说明：本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问：<http://www.tushu007.com>

<<the other kind of sm>>

内容概要

We have known for years that the difference between those who become successful in life and those who struggle is their degree of emotional intelligence (EI), or people skills. Now, The "Other Kind of Smart" shows readers how they can increase their emotional intelligence and overcome the barriers that are preventing them from realizing their true potential. Emotional intelligence coach Harvey Deutschendorf has shown thousands of people how to relate emotional intelligence to everyday situations. Here, he uses the proven techniques of storytelling, combined with quotes and exercises, to show readers how to apply the principles of EI on the job. Filled with real-life scenarios and solutions, this book offers tools that will bring results in as little as five minutes a day and shows how to develop stress tolerance, cultivate empathy, increase flexibility with co-workers, boost assertiveness, and resolve problems successfully. Complete with an EI quiz that will help readers measure their own level of emotional intelligence, this invaluable guide will enable everyone to improve their relationships and increase their effectiveness at work in a practical, accessible way.

书籍目录

Acknowledgments Introduction PART I—Emotional Intelligence Chapter 1: What Is EI? Chapter 2: The Business Connection Chapter 3: Inspiring Workplaces Chapter 4: Success Throughout Your Life PART II--The Inner World Chapter 5: Emotional Self-Awareness Chapter 6: Assertiveness Chapter 7: Self-Regard Chapter 8: Self-Actualization Chapter 9: Independence PART III--The Outer World Chapter 10: Empathy Chapter 11: Healthy Relationships Chapter 12: Social Responsibility PART IV--Adaptability Chapter 13: Problem Solving Chapter 14: Reality Testing Chapter 15: Flexibility PART V--Stress Management Chapter 16: Stress Tolerance Chapter 17: Impulse Control PART VI—General Mood Chapter 18: Happiness Chapter 19: Optimism PART VII—EI in Your Life Chapter 20: Assessing Your EI--Getting Real About Your Life Chapter 21: Increasing Your EI--Where Do I Begin? Appendix I: Questions and Answers Appendix II: Mini EI Quiz Appendix III: Recommended Reading Appendix IV: Websites Appendix V: Organizations for Boosting EI Index

<<the other kind of sm>>

版权说明

本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问:<http://www.tushu007.com>