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Emotional Intelligence Box Set: 33 Amazing Tips to Control Your Emotions and Develop Social Skills to Master Your Actions. 10 Self-Control Secrets You ... intelligence, eq, social intelligence)

Leslie Dunn, Abbie Tran

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BOOK #1: Emotional Intelligence: 33 Amazing Tips to Control Your Emotions and Develop Social Skills to Master Your Actions

In this guide, you're going to learn the importance of having a high level of social intelligence in life. Benefits of emotional intelligence stretch far and wide—from greater intimacy in personal relationships to ease in conflict resolution, as well as a greater capacity for leadership. By its very nature emotional intelligence is about making healthy connections with others and understanding emotional responses in yourself. This handy guide will offer you 33 simple, effective ways to gain ground in increasing your own emotional intelligence and offer insight into dealing with often stressful, emotional situations involving others.

Topics covered include:

- Understanding the core emotions
- Learning to really listen
- Effective coping mechanisms for high-voltage situations
- Identifying potential triggers to emotional reactions

BOOK #2: Emotional Intelligence: 10 Self-Control Secrets You Didn't Know

Self-control is a thing that many people wish they had but very few are actually blessed enough to get to use. While you may try hard in order to maintain the self-control you would like when things are tempting you, it is often too hard to do and you may end up failing worse than if you had given in in the first place. Luckily, there are a lot of things that you can do in order to get that self-control and see the great results that you would like in your whole life.

This guidebook is full of the ten best tricks and thought processes that you should follow in order to get the self-control that your life needs. It is not always about depriving yourself and saying no to everything and more about having the right frame of mind and keeping with the goals that you set in front of you. This guidebook can help to get you going on the right track with self-control much more quickly than you would be able to do on your own.

Inside this guidebook you will learn important things such as:

- Some of the best ways to learn how to have self-control,
- How to avoid temptations in order to maintain the self-control,
- The importance of rewards in staying on track,
- How to make yourself feel less deprived even though you are using self-control in your life.

There is so much good that you can get with your self-control that it is important to have it present in your life. Take a look through this guidebook and learn how to get that self-control in your life today.

Getting Your FREE Bonus

Download this book, and find **"BONUS: Your FREE Gift"** chapter right after the introduction or after the conclusion.

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