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The Language of Emotional Intelligence: The Five Essential Tools for Building Powerful and Effective Relationships

Jeanne Segal

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Learn how to increase your emotional intelligence with five simple tools

It's no secret that emotional intelligence plays a crucial role in your relationships. But how do you apply these specialized skills in everyday life? It's easy--with this practical, ready-to-use guide by a renowned expert in the field of emotional intelligence and communication. Using the latest research and true-to-life examples, Dr. Jeanne Segal's step-by-step program shows you how to incorporate the five basic tools of emotional intelligence to enhance your relationships in the workplace, at home, and in all areas of your life.

You'll learn how to:

- “Read” other people
- Make powerful connections
- Defuse arguments and conflicts
- Repair wounded feelings
- Understand nonverbal cues
- Build stronger, more satisfying relationships

Packed with simple exercises, revealing self-quizzes, and proven calming techniques, this user-friendly guide can help you reach into the hearts and minds of others--sometimes without saying a word! Once you master the language of emotional intelligence, you'll be able to form mutually rewarding bonds that last a lifetime. Dr. Segal's method is a complete, hands-on approach to one of the most important life skills you will ever learn.

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