

# Improving Your Emotional Intelligence In a Day For Dummies

By Steven J. Stein



## **Improving Your Emotional Intelligence In a Day For Dummies** By Steven J. Stein

#### Learn to boost your emotional intelligence for success in life and

**business**—in a day! Learning to manage your emotions in difficult situations is one of the basic ways we can improve our lives and relationships. *Improving Your Emotional Intelligence In a Day For Dummies* uses relatable everyday moments to reveal how to deal with friends, family, and colleagues in healthier, more productive ways.

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