

Emotional intelligence : why It can matter more than IQ

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Abstrak

Drawing on groundbreaking brain and behavioral research, Goleman shows the factors at work when people of high IQ flounder and those of modest IQ do surprisingly well. These factors, which include self-awareness, self-discipline, and empathy, add up to a different way of being smart - and they aren't fixed at birth. Although shaped by childhood experience, emotional intelligence can be nurtured and strengthened throughout adulthood - with immediate benefits to our health, our relationships, and our work