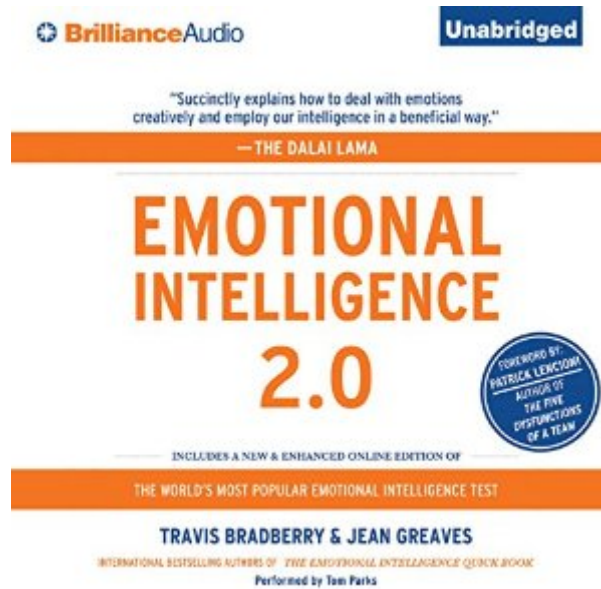


The book was found

# Emotional Intelligence 2.0



## Synopsis

By now, emotional intelligence (EQ) needs little introduction—it's no secret that EQ is critical to your success. But knowing what emotional intelligence is and knowing how to use it to improve your life are two very different things. Emotional Intelligence 2.0 delivers a step-by-step program for increasing your emotional intelligence using the four core EQ skills—self-awareness, self-management, social awareness, and relationship management—to exceed your goals and achieve your fullest potential. For the first time ever in a book, Drs. Bradberry and Greaves unveil TalentSmart's revolutionary program to help people identify their EQ skills, build these skills into strengths, and enjoy consistent performance in the pursuit of important life objectives. This audiobook contains proven strategies from a decade-long effort to accurately measure and increase emotional intelligence. Trusted by upper-echelon leaders inside companies worldwide, these strategies will enable you to capitalize on the skills responsible for 58% of performance in all types of jobs. The new, enhanced online edition of the world's bestselling emotional intelligence test, the Emotional Intelligence Appraisal®, will show you where your EQ stands today and what you can do to begin maximizing it immediately. The audiobook's smooth narrative style turns rigorous research into memorable stories and practical strategies that anyone can use to his or her advantage. With 90% of top performers high in EQ, and EQ twice as important as IQ in getting where you want to go in life, who can afford to ignore it? --This text refers to the MP3 CD edition.

## Book Information

Audible Audio Edition

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## Customer Reviews

I read the authors' first emotional intelligence book, and I think that 2.0 is a huge improvement.

Here's a chapter by chapter look at why:

**FOREWORD BY PATRICK LENCIONI** Lencioni is one of those gurus that has sold millions of books, none about emotional intelligence (EQ). As Lencioni proclaims in the foreword, he's no EQ expert, but he sees everyday how critical a skill it is to have and he's so enthusiastic about this book because it's the first he's read that actually shows you how to increase your EQ and apply it in your life.

**THE JOURNEY** This chapter opens with a riveting story of a surfer who is attacked by a great white shark in California. I won't spoil it by telling you how, but the story is a great illustration of the power of emotion and how important it is to understand and manage our emotions. This chapter also illustrates how our brains are wired to react to events emotionally before our reason kicks in, and it lays the groundwork for the process by which the rest of the book will teach you to increase your EQ.

**THE BIG PICTURE** This chapter teaches what EQ is and what it isn't. For example, a lot of people mistakenly think that EQ is a part of your personality. To the contrary EQ is separate from your personality, just as it is separate from your intellect, or IQ. It begins to build your understanding of emotions by showing what the five core emotions look like in varying degrees of intensity. Next the authors fun and engaging approach explains studies that illustrate how important EQ is in daily living. They show how your EQ impacts things like your tolerance for change, how you manage stress, even how much money you make!

**-DIGGING IN: MY EMOTIONAL INTELLIGENCE ACTION PLAN-** If you haven't already, by this point in the book you need to open the orange envelope inside the back cover and retrieve the unique passcode that lets you go online to take the Emotional Intelligence Appraisal test. I'd actually heard of this test (it's the most widely used EQ test out there), so I thought it was pretty cool that they let you take it for free with the book. In addition to revealing your EQ scores, your test results guide you through the areas you need to work on improving the most. This chapter helps you to develop your plan of attack, including the action plan where you actually record what it is your going to do and by when.

**-SELF-MANAGEMENT STRATEGIES-(ACTUALLY THERE IS A CHAPTER OF STRATEGIES FOR EACH SKILL, BUT I'LL JUST DESCRIBE THIS ONE)** This section of the book has 66 strategies to increase your EQ. Each strategy is well-detailed (most 2-3 pages) and something that you can begin doing immediately. Your test results tell you which EQ skill you need to work on the most (for me it was Self-management), as well as which of the chapter's strategies will increase your ability in that skill the most. I thought this part was pretty cool. Basically, the test analyzed my score profile and picked the three strategies that would improve my biggest weaknesses in self-management. One of the strategies it suggested, Breathe Right, hit the nail on the head. I'm not one of these people that needs to take a deep breath to calm down and stop being angry, which is good because that's NOT what the strategy is teaching. Actually, it illustrates how

some of us, when left to our own devices, breathe too shallow, which deprives some of the higher (rational) areas of the brain of the oxygen needed to keep us completely calm and focused. So now, whenever I need to clear my head, think on my feet at work, make a tough decision, figure out what I should get my wife for her birthday, etc. I use this breathing strategy, and I'm continually amazed by how quickly it makes me calm and focused. Anyway, that's just one self-management strategy, but I thought it'd be useful for you to see what one is like in detail.

**-EPILOGUE--JUST THE FACTS: A LOOK AT THE LATEST DISCOVERIES IN EMOTIONAL INTELLIGENCE-**This epilogue is quite interesting. The authors' company is a think tank that has tested more than half a million people worldwide, and they share some of the more interesting conclusions from their data that didn't show up earlier in the book. For example, women outscore men in overall EQ, but the sexes have an equal ability in self-awareness (men fall short because they do less with the emotional information they take in). Anyhow, there are studies of EQ differences across various generations (Boomers vs. Millennials is really interesting), in different job titles (CEO's have the lowest EQ in the workforce!), and even US vs. China (our new, big economic competitor).

**-DISCUSSION QUESTIONS FOR READING GROUPS-**This last appendix has some great questions for discussion. I'm not in a book club, but my wife read the book and we talked about some of these questions and it led to some really interesting discussions.

This book is unlike any I've ever come across in its ability to enable me to do great things. The book states that it has a single purpose--increasing my EQ--and it accomplished this without a hitch. How? It has a self-contained, step-by-step, program that was customized to my score profile after I went online and used the included pass code to access an emotional intelligence test. I learned which areas were holding me back and which of the book's 66 strategies would increase my emotional intelligence the most. The strategies are broken down according to the four emotional intelligence skills: \* Self-Awareness \* Self-Management \* Social Awareness \* Relationship Management. The strategies continue to be really helpful. I catch myself using them all the time. Some are counterintuitive, while others are common sense yet hard to apply consistently until following the techniques from the book. The book also illustrates stories of real people with high or low emotional intelligence in each of the four skills. I bought the book because of the Patrick Lencini foreword and the endorsements from some of my favorite authors (Stephen Covey, Ken Blanchard, and the Dalai Lama), and I'm glad I did!

I was very impressed with this book. It's the first I've seen that actually shows you how to increase

your emotional intelligence, rather than just explaining what emotional intelligence is. It's filled with strategies to increase each of the four emotional intelligence skills: self-awareness, self-management, social awareness, and relationship management. I found the strategies very helpful, particularly because the book gives access to an online test that (based upon your results) tells you which strategies will increase your EQ the most. The authors use excellent anecdotes to illustrate various concepts, and their research is compelling and original. Some of the information on emotional intelligence and job title (e.g. CEOs have the lowest EQs in the workforce, on average), is very revealing. My favorite anecdote in the book is the riveting story of a surfer who survives a run in with a 5,000 pound great white, by using his emotional intelligence. All in all, an outstanding read that's a great value at \$13!

"Emotional Intelligence 2.0" is the second edition of a soft skills/career development book. Your EQ (emotional quotient) is the foundation for a large number of soft skills including flexibility, time management, trust, anger management and change tolerance. The book focuses on four areas: self awareness, self management, social awareness and relationship management. Each is illustrated with a scenario showing a good and bad example. The book comes with an online test. It was basically two pages of questions asking you to rate yourself in various areas. I found it accurate in terms of what I know about my own soft skills strengths and weaknesses. Some other things I liked about the book:

- 1) It's small enough to fit in a large purse - making reading convenient.
- 2) The grouping of techniques and tips by area.
- 3) A large number of concrete things you can do to improve your soft skills.
- 4) The fact that each technique is only 2-3 pages - making it something you can read in the morning while having breakfast and focus on for the day.
- 5) The book was quite up to date - the Hudson River miracle plane landing in NYC (of only a few months ago) was one of the examples.
- 6) Emotion being listed as a sixth sense.

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Social Intelligence: A Practical Guide to Social Intelligence: Communication Skills - Social Skills - Communication Theory - Emotional Intelligence - Emotional Intelligence 2.0 Emotional Intelligence: Why It Can Matter More Than IQ Emotional Intelligence: Why EQ Can Often Matter More Than IQ (Control your emotions, communication skills, social skills, IQ, success) Emotional Intelligence In Action: Training and Coaching Activities for Leaders and Managers Working with Emotional Intelligence The EQ Edge: Emotional Intelligence and Your Success HBR's 10 Must Reads on Emotional Intelligence SELF ESTEEM: How To Live In The Present Moment, 2.0 - Let Go Of The Past & Stop Worrying About The Future (Self Help, Mindfulness & Emotional Intelligence) Emotional

Intelligence Leadership: Become A Super Leader - Management, Management Skills, Communication & Coaching (Business Skills, Influence, Persuasion, Body Language, Leadership Skills, Emotional Intelligence) Emotional Intelligence: Secrets From Experts Travis Bradberry and Daniel Goleman Gene Expression Programming: Mathematical Modeling by an Artificial Intelligence (Studies in Computational Intelligence) Java: Artificial Intelligence; Made Easy, w/ Java Programming; Learn to Create your \* Problem Solving \* Algorithms! TODAY! w/ Machine Learning & Data Structures (Artificial Intelligence Series) Javascript Artificial Intelligence: Made Easy, w/ Essential Programming; Create your \* Problem Solving \* Algorithms! TODAY! w/ Machine Learning & Data Structures (Artificial Intelligence Series) Why You Love Music: From Mozart to Metallica - the Emotional Power of Beautiful Sounds Runaway Train: Youth With Emotional Disturbance (Youth With Special Needs) Healing Scriptures for a Broken Heart: Experience Emotional Healing and Healing the Wounds of the Past Beauty for Ashes: Receiving Emotional Healing Clear Your Clutter with Feng Shui: Free Yourself from Physical, Mental, Emotional, and Spiritual Clutter Forever

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