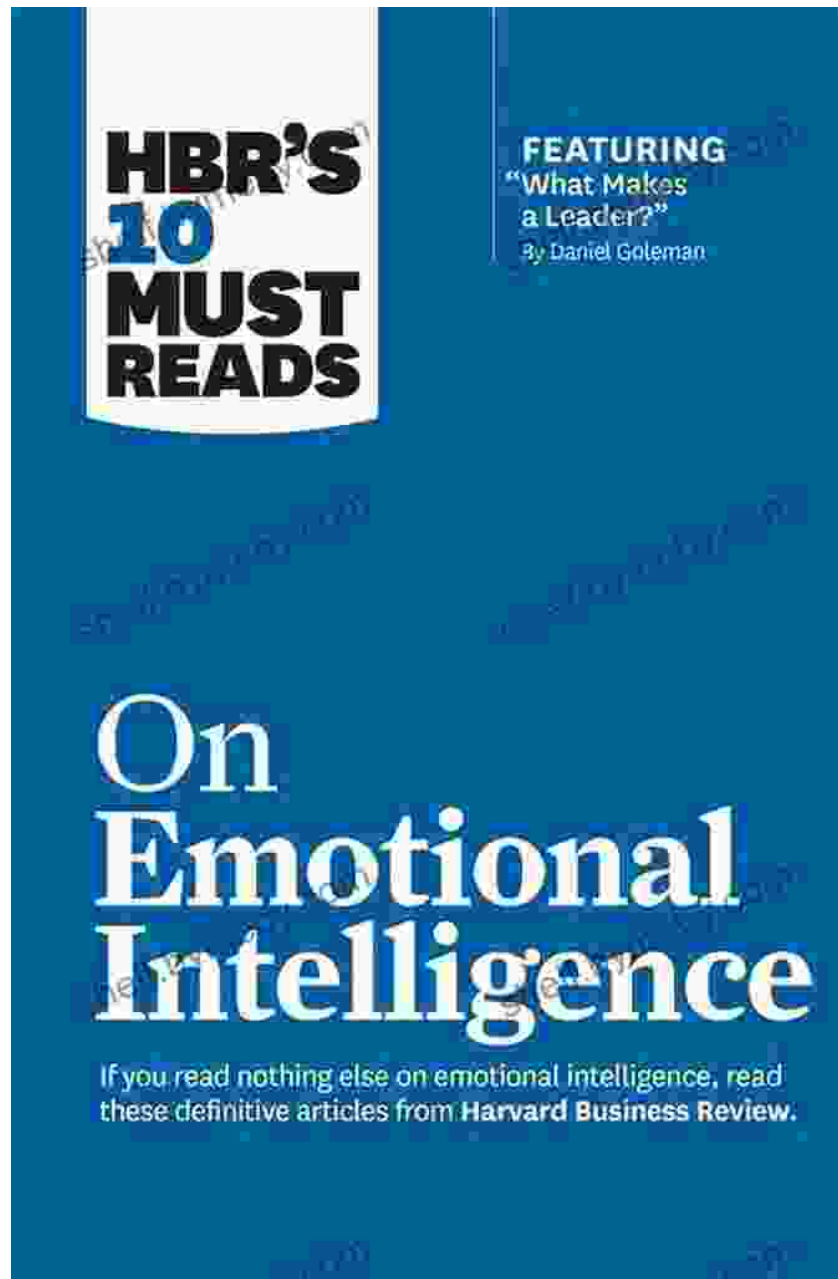
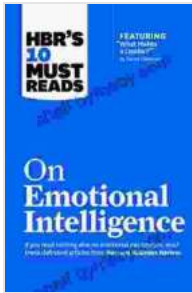


HBR's 10 Must-Reads on Emotional Intelligence: Unlocking Your Potential for Success



About the Book

In today's dynamic and challenging business environment, emotional intelligence (EQ) is an indispensable asset for leaders and employees alike. HBR's 10 Must-Reads on Emotional Intelligence provides a comprehensive guide to understanding, developing, and applying EQ in the workplace.



HBR's 10 Must Reads on Emotional Intelligence (with featured article "What Makes a Leader?" by Daniel Goleman)(HBR's 10 Must Reads) by Harvard Business Review

★★★★☆ 4.7 out of 5

Language : English
File size : 5076 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 178 pages
Screen Reader : Supported



This thought-provoking collection of articles, written by renowned experts in the field, offers invaluable insights into the key components of EQ, including self-awareness, self-regulation, motivation, empathy, and social skills. Through real-world examples and practical exercises, you will learn how to:

- Increase your self-awareness and emotional literacy
- Manage your emotions effectively and avoid pitfalls
- Build strong relationships and foster collaboration

- Inspire and motivate yourself and others
- Navigate challenging situations with empathy and understanding

Whether you are an aspiring leader, a seasoned manager, or an individual seeking personal growth, HBR's 10 Must-Reads on Emotional Intelligence is an essential resource for unlocking your potential for success.

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Featured Article: What Makes a Leader?

In this insightful HBR article, Daniel Goleman, the renowned author and EQ expert, argues that technical skills and IQ are not enough to make a great leader. Instead, he posits that EQ is the defining factor that sets exceptional leaders apart from the ordinary.

Goleman identifies five key components of EQ that are essential for effective leadership:

- **Self-awareness:** The ability to understand your own emotions, motivations, and values.
- **Self-regulation:** The ability to manage your emotions and impulses.
- **Motivation:** The drive to achieve and excel.
- **Empathy:** The ability to understand and share the feelings of others.
- **Social skills:** The ability to build and maintain strong relationships.

Drawing on extensive research and case studies, Goleman demonstrates how EQ can be developed and applied in the workplace. He provides practical advice on how to:

- Assess your EQ
- Set goals for EQ development
- Develop self-awareness and self-regulation
- Enhance empathy and social skills
- Create a more emotionally intelligent workplace

"What Makes a Leader?" is a must-read for anyone who aspires to lead with purpose, inspire others, and achieve extraordinary results.

Read the Full Article

About the Authors

Daniel Goleman is a psychologist, science journalist, and author of the groundbreaking bestseller "Emotional Intelligence." His work has transformed the way we understand and apply EQ in business, education, and our personal lives.

The other contributors to HBR's 10 Must-Reads on Emotional Intelligence are leading experts in the field, including:

- David Caruso
- Richard Boyatzis
- Annie McKee
- Frances Frei
- Peter Salovey

Together, these renowned authors provide a comprehensive and authoritative guide to emotional intelligence, empowering you to unlock your potential for success.

Testimonials

"HBR's 10 Must-Reads on Emotional Intelligence is an invaluable resource for anyone who wants to improve their leadership skills and achieve greater success in their career."

- Warren Buffett, CEO of Berkshire Hathaway

"This book is a game-changer for anyone who wants to understand and develop emotional intelligence. It's full of practical advice and insights that I've already started putting into practice."

- Michelle Obama, former First Lady of the United States

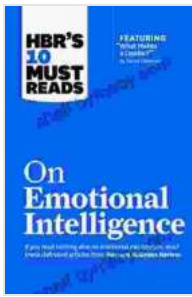
"HBR's 10 Must-Reads on Emotional Intelligence is a must-have for any modern leader. It provides a comprehensive and actionable framework for developing and applying EQ in the workplace."

- Indra Nooyi, former CEO of PepsiCo

Unlock Your Potential Today

Don't wait to improve your emotional intelligence and unlock your potential for success. Free Download your copy of HBR's 10 Must-Reads on Emotional Intelligence today!

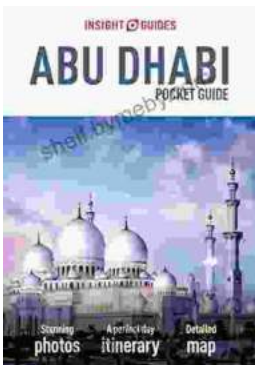
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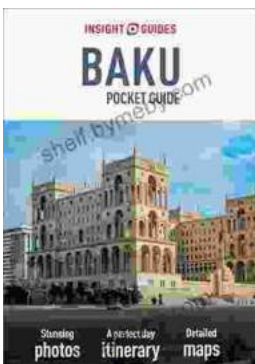
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