



The EQ Edge : Emotional Intelligence and Your Success

Steven J. Stein, Howard E. Book

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Why do some people possess better emotional well-being than others? Why are some better able to succeed in life? Why do some who are blessed with obvious intelligence fail in life, while others with only moderate intelligence succeed? The emotional quotient, or EQ, is a measure of emotional intelligence - our psychological functioning and interpersonal skills. The good news is your EQ is not permanently fixed, but is open to lifelong improvement. The authors of this book have spent the past decade studying the results garnered from EQ tests administered to almost 35,000 people in 35 countries. Their studies show beyond doubt that EQ can be measured, put to use, and improved on an individual basis. If you really want to change your life, you can. This book will show you how.

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