



# 7 Steps to Emotional Intelligence (Paperback)

By Patrick E. Merlevede

Crown House Publishing, United Kingdom, 2001. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book. Goleman taught us the importance of Emotional Intelligence. Since the publication of his EQ exposition, a whole array of Emotional Intelligence books has appeared, with each title purporting to put those theories of EQ into practice. This book goes deeper. Revealing the structure beneath Emotional Intelligence, 7 Steps utilises its unique framework to combine EQ and Neuro Linguistic Programming (NLP) - the study of excellence that examines how behaviour is neurologically formulated. 7 Steps confidently integrates the insights of EQ and NLP to promote a greater understanding of how emotions work - and how they can be worked upon. This book is driven by one important message: don t just think about it, do it. A modelbased guide packed with powerful NLP exercises and selfassessment techniques, it allows you to generate your own trics, and to partake in an intensive EQ excellence course that utilises the self-programming practices of NLP. A thoroughly structured, functionally formatted guide to improving your EQ, 7 Steps serves as a textbook of EQ theory, a manual of NLP techniques, and a workbook that systematically...



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