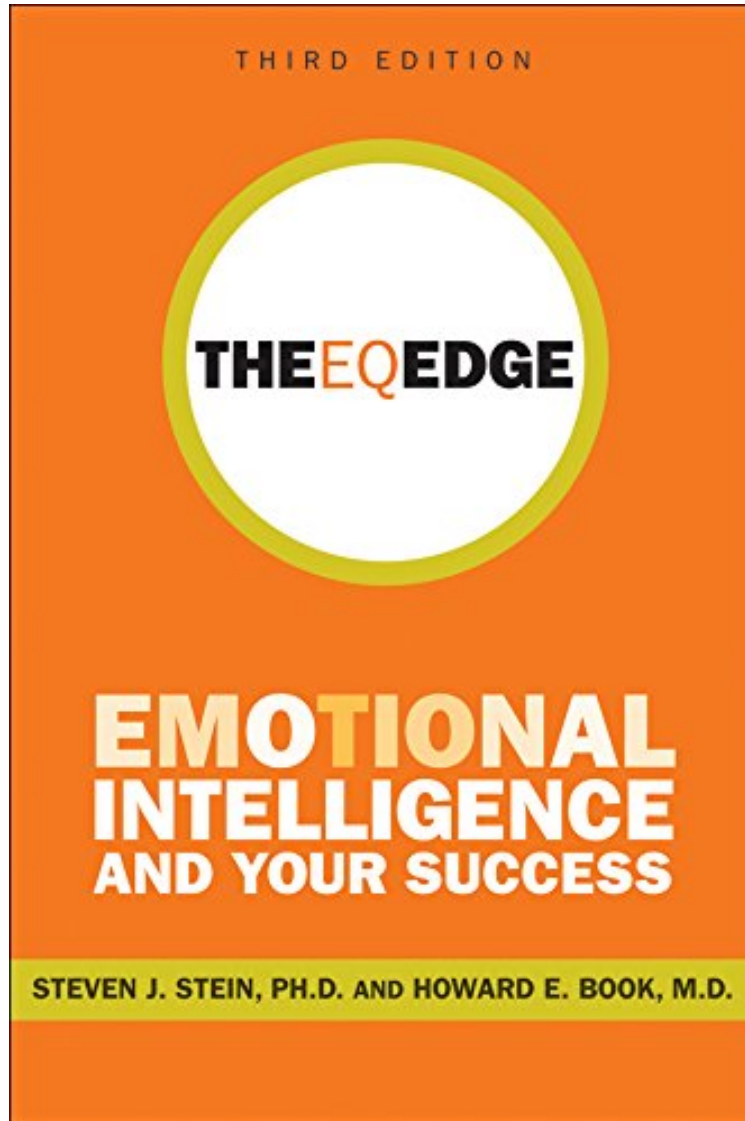


The EQ Edge: Emotional Intelligence and Your Success

Steven J. Stein, Howard E. Book

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Steven J. Stein, Howard E. Book : The EQ Edge: Emotional Intelligence and Your Success before purchasing it in order to gauge whether or not it would be worth my time, and all praised The EQ Edge: Emotional Intelligence and Your Success:

8 of 8 people found the following review helpful. Developmental opportunityBy Just BeThis book is a great book for making what seems to be an intangible concept into a tangible one. The authors do so by defining the 15 skills used to assess and develop Emotional Intelligence (EI). I especially liked the way the authors use examples of successful skill use, which brings them to life. Moreover, if the reader wants to develop their own EI, the authors have added exercises and self-assessments at the end of each chapter. Unfortunately, there is still much stigma around EI and that is why this

book is one of the best on this subject. It offers skills that can be developed, which takes the fear of emotions out of the equation. 0 of 0 people found the following review helpful. Great representation of real life scenarios I've either watched or ...By S. K. IdemsGreat representation of real life scenarios I've either watched or have been a part of (intended or not). Used this book to lead a book club after the book was introduced to me through an EQ training I participated in late last year. Highly recommend working through the exercises in the book if you look to pursue a book club discussion. Feedback from the book club was positive. More interaction, more value. 0 of 0 people found the following review helpful. Smart skills for successBy Kindle CustomerGreat book. Gives you the skills to have a successful life and career. Easy to understand and apply. Great examples also. Truly a great and valuable book to apply to one's life.

REVISED AND UPDATED WITH NEW RESEARCH INTO EQ AND PERSONAL AND CAREER SUCCESS

What is the formula for success at your job? As a spouse? A parent? A Little League baseball coach or behind the bench of a minor hockey team? What does it take to get ahead? To separate yourself from the competition? To lead a less stressful and happier existence? To be fulfilled in personal and professional pursuits? What is the most important dynamic of your makeup? Is it your A) intelligence quotient? or B) emotional quotient? If you picked "A", you are partly correct. Your intelligence quotient can be a predictor of things such as academic achievement. But your IQ is fixed and unchangeable. The real key to personal and professional growth is your emotional intelligence quotient, which you can nurture and develop by learning more about EQ from the international bestseller *The EQ Edge*. Authors Steven J. Stein and Howard E. Book show you how the dynamic of emotional intelligence works. By understanding EQ, you can build more meaningful relationships, boost your confidence and optimism, and respond to challenges with enthusiasm—all of which are essential ingredients of success. *The EQ Edge* offers fascinating—and sometimes surprising—insights into what it takes to be a top law-enforcement officer, lawyer, school principal, student, doctor, dentist or CEO. You will learn what the top EQ factors are across many different kinds of jobs, from business managers and customer service representatives to HR professionals and public servants. *The EQ Edge* will help you determine which personnel are the right fit for job opportunities and who among your staff are the most promising leaders and drivers of your business. And because all of us have other roles—parent, spouse, caregiver to aging parents, neighbor, friend—*The EQ Edge* also describes how everyone can be more successful in these relationships. "Finally, a practical and usable guide to what emotional intelligence is all about. This book peels the onion on what EQ really is and teaches the reader to assess their own EQ and how to increase it. This is the holy grail for career success."—Michael Feiner, Professor, Columbia Graduate School of Business and author of *The Feiner Points of Leadership*

About the Author Steven J. Stein, Ph.D., is a clinical psychologist and founder and CEO of Multi-Health Systems Inc., a leading psychological test publishing company. He is a former assistant professor in the psychiatry department at the University of Toronto and former adjunct professor at York University. He is the author of *Emotional Intelligence for Dummies*, *Make Your Workplace Great*, and *EISA*, the Emotional Intelligence Skills Assessment. Howard E. Book, M.D., is an organizational consultant and psychiatrist. He is a founding member of Associates in Workplace Consultation and is an associate professor in the departments of psychiatry and health administration at the University of Toronto.