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Wendy Larson

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Do you have difficulties with identifying, expressing or dealing with your emotions? If so, our guide will certainly illuminate your way towards reaching complete emotional awareness and serenity. Just as our intellectual intelligence is very important for our success and progress, our emotional intelligence our EQ is crucial for our social life, relationships and mental and physical health. Emotional Intelligence - 29 Key

Skills to Become Emotionally Healthy will help you learn how to deal with your emotions, teaching you how your emotional state is affecting your life your relationships, your health and people around you. Our guide will teach you crucial keys you need to know in order to enhance your EQ, learn how to tame your emotions without suppressing them and embrace the positivity life can bring.

In our guide you will find:

- Emotional Awareness 101: I feel, thus I exist
- How your emotions affect you: connection between our bodies and our emotions
- Your emotions and people around you; how you affect other people on emotional level
- Your emotions and yourself; know yourself and learn how to deal with your emotions
- In control: growing up emotionally
- Obtaining emotional awareness

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