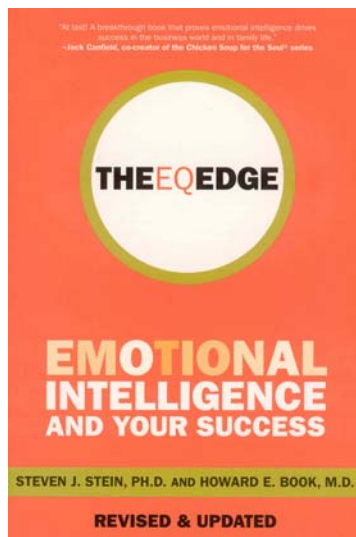


BEST SELLER



The EQ Edge Emotional Intelligence and Your Success Revised and Updated Edition



Edited by Steven J. Stein, PhD.
And Howard E. Book, PhD.

Revised and Updated 2006
Pages: 351

Binding: Softcover

ISBN-10: 0-9731967-0-X

Overview

With real-life anecdotes about emotional intelligence (EI) at work, at home, and in social situations, The EQ Edge (revised) book defines EI, demonstrates new evidence about its importance, provides useful steps to improve one's own emotional quotient (EQ), and enables readers to begin the process of change at their own pace.

ORDER ONLINE NOW
www.psychassessments.com.au

Reviews

"The EQ Edge is one of the few books that not only clearly defines what emotional intelligence is and how it differs from IQ, but also tells readers what practical steps they can take to enhance their emotional intelligence quotient. It applies the principles and practices of Rational Emotive Behaviour Therapy and includes many useful techniques that can help readers lead happier and more effective lives."

Dr Albert Ellis, President of the Albert Ellis Institute for Rational Emotive Behaviour Therapy.

Selected as the third best business book in 2000, Harvey Schachter writes "*The EQ Edge* explains and explores emotional intelligence, taking readers through 15 crucial elements - among them self-regard, flexibility, empathy and impulse control – with suggestions of how to improve."

The Globe and Mail

"At last! A breakthrough book that proves emotional intelligence drives success in the business world and in family life. *The EQ Edge* delivers a practical, research based, real-world roadmap on how you can bolster the odds on achieving success at work, at play, and in your personal relationships."

Jack Canfield, co-creator of the Chicken Soup for the Soul series and co-author of *The Success Principles: How to Get From Where You Are to where You Want to Be.*

About the Editors

Steven J. Stein Ph.D is a clinical psychologist and the founder and CEO of Multi-Health Systems Inc (MHS), a leading psychological test publishing company. He is a past president of the Ontario Psychological Association, former assistant professor in the Psychiatry Department at the University of Toronto, and former adjunct professor at York University. Dr Stein has consulted to the U.S. Air Force, Canadian Forces, special units of the Pentagon, the Toronto Maple Leafs, and numerous corporate and non-profit clients.

Howard E. Book M.D. is an organisational consultant and psychiatrist. Dr Book is a founding member of Associates in Workplace Consultation, a former board member of the International Society for the Psychoanalytic Study of Organisations, a member of the Family Firm Institute, and an associate professor in the departments of psychiatry and health administration at the University of Toronto. Dr Book is also an elected member to the Consortium for Research on Emotional Intelligence in Organisations..

Audience

Psychologists, executive and life coaches, business consultants and individuals interested in personal development.

Table of Contents

I. The EQ Explosion

1. Exploring Emotional Intelligence
2. The Airport and the ABCDEs

II. The Intrapersonal Realm

3. Emotional Self Awareness
4. Assertiveness
5. Independence
6. Self-Regard
7. Self-Actualisation

III. The Interpersonal Realm

8. Empathy
9. Social Responsibility
10. Interpersonal Relationships

IV. The Adaptability Realm

11. Problem Solving
12. Reality Testing
13. Flexibility

V. The Stress Management Realm

14. Stress Tolerance
15. Impulse Control

VI. The General Mood Realm

16. Happiness
17. Optimism

VII. Putting It All Together

18. The Star Performers
19. More Star Performers
20. Emotional Intelligence as Ability

Appendix 1 The BarOn EQ-I
Appendix 2 EQ and Work Success
Endnotes
Index
Author Information



PO Box 27, Jannali NSW 2226
Tel (02) 9589 0011 Fax (02) 9589 0063
Email: infopaa@psychassessments.com.au
www.psychassessments.com.au