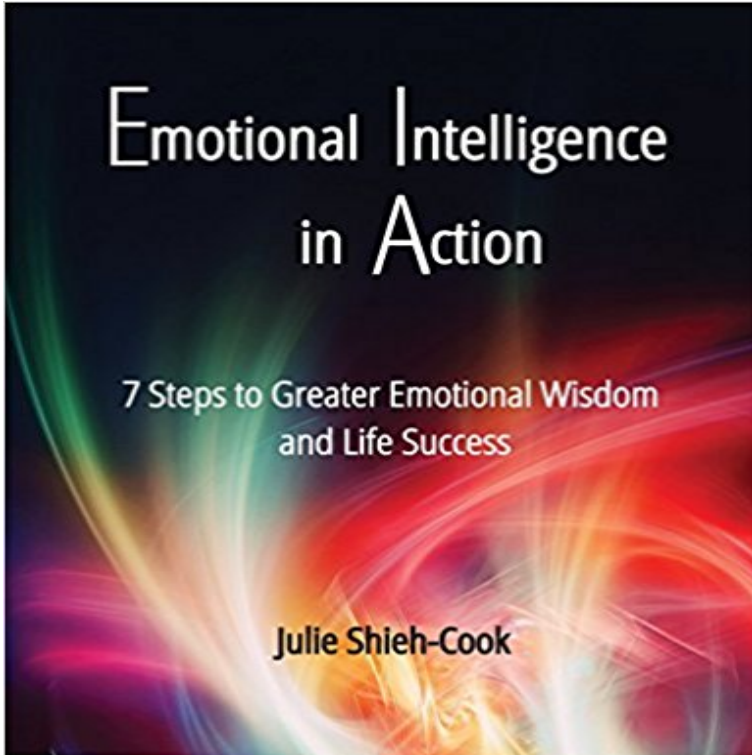


Emotional Intelligence in Action: 7 Steps to Greater Emotional Wisdom and Life Success



For the past 30 years, research has shown that emotional intelligence can increase academic, personal, and professional success. Numerous models have been developed that describe the emotional skills involved in emotional intelligence. Julie Shieh-Cook, a college professor for 18 years, wrote Emotional Intelligence In Action to share a technique she developed in the 1990s to help herself navigate life successfully using her emotions as a guide. This book simplifies and integrates emotional skills into a systematic approach for solving situation-specific issues that cause emotional distress using 7 simple steps. Applying both emotion and reason, these steps focus on a problem-solving technique that helps overcome barriers to success in all areas of life. They also show how to identify and change outdated emotional habits that hinder life fulfillment. As ineffectual emotional habits are re-patterned, visions of ones highest and best self are integrated into the self-concept. Real-life examples show how to apply the 7 steps. Self-assessments, experiential activities, practice logs, and chapter reviews provided in the book encourage the understanding and application of the 7 steps in daily life. This unique book shows not only how to implement these steps for greater success and fulfillment in life, but also how to enhance stress management, self-efficacy, inner wisdom, happiness, and compassion for self and others.

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