



# **Emotional Intelligence: 12 Essential Lessons on How to Control Your Emotions. Learn How To Deal With Your Emotional Problems (Emotional Intelligence, emotional development, emotional quotient)**

*Ramiro Bowers*

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Have you been struggling with your emotions and you just don't know what to do about it? Are your relationships suffering because of it?

You are definitely not alone! From time to time we all struggle with our emotions and ability to form strong relationships. And it can take a toll on us! We pick up the pieces and then we are back at it again – distressed and unhappy.

In this book you will discover the four pillars of Emotional Intelligence. You will learn how to build a solid foundation within yourself to take on emotions that have made you feel out of control in the past. By applying these proven techniques, you will develop a stronger relationship with yourself as well as stronger relationships with others. Perhaps for the first time ever, you will feel in control of your emotions and thinking and you will be proud of how you handle them!

## **In the coming pages, you will discover:**

- How to become more self aware
- The art of controlling your emotions and responding in the most effective way for you
- The way to enhance your social awareness to build great relationships
- Three components to healthy relationships that will help you form more rewarding relationships

## **Getting Your FREE Bonus**

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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**Irma Patterson:**

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**Marguerite Boutte:**

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**Williams Carter:**

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