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EQ Applied teaches you how to channel your strongest feelings in a way that helps, not harms you—or others—enabling you to break down barriers and improve the quality of your relationships. You'll learn how thoughts and habits affect emotions, and how to replace bad habits with healthier ones.

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In this age of social media attacks, constant distraction, and rampant corruption, a high emotional intelligence quotient, or EQ, is more important than ever. Justin Bariso brings the concept of emotional intelligence up to date and into the real world, combining scientific research with high-profile examples and personal stories.

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EQ Applied

EQ, APPLIED: The Real-World Guide to Emotional Intelligence, uses fascinating research, modern examples, and personal stories to illustrate how emotional intelligence works in the real world--and provides a practical set of tools that help you make emotions work for you, instead of against you. You'll learn how to: Transform your strongest emotions ...

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EQ Applied: The Real-World Guide to Emotional Intelligence is the debut book of author Justin Bariso. The whole world now lives in the age of social media. People are plagued with constant distraction. With this comes social media attacks, rampant corruption, among others. A high EQ or emotional intelligence quotient is needed more than ever.

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Summary of EQ Applied: The Real-World Guide to Emotional Intelligence by Justin Bariso Conversation Starters by Paul Adams - Literary Criticism 2
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The Book — EQ Applied

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