



Emotional Intelligence (Little Books)

Andy Cope

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Emotional Intelligence is an immediately accessible, outcome-focused primer on the topic of EQ, which provides practical, no-nonsense life advice and takes a sideways look at a world which is overwhelming at times. Funny, colorful and profound, this book is a gripping manual for the human mind, enabling you to understand and control your emotions, communicate better, and live a happier, more balanced life.

This book is perfect for people who are feeling the strain from a life that is a frenzy of work and social pressures and obligations. Such individuals are emotionally exhausted and looking for a way to react and respond better in their daily lives, and become happier.



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