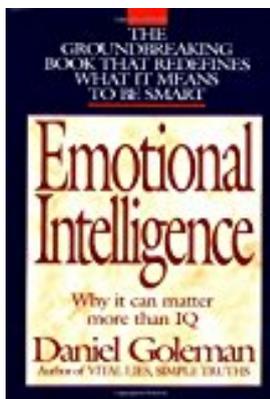


[PDF] Emotional Intelligence: Why It Can Matter More Than IQ

Daniel Goleman - pdf download free book



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Description:

The Western cultures esteem analytical skills measured by IQ tests: but there is clearly more to success and happiness, even in technological societies, than IQ alone. Goleman has written one of the best books on the nature and importance of other kinds of intelligence besides our perhaps overly beloved IQ. Recommended.

From Publishers Weekly New York Times science writer Goleman argues that our emotions play a

much greater role in thought, decision making and individual success than is commonly acknowledged. He defines "emotional intelligence" as a trait not measured by IQ tests as a set of skills, including control of one's impulses, self-motivation, empathy and social competence in interpersonal relationships. Although his highly accessible survey of research into cognitive and emotional development may not convince readers that this grab bag of faculties comprise a clearly recognizable, well-defined aptitude, his report is nevertheless an intriguing and practical guide to emotional mastery. In marriage, emotional intelligence means listening well and being able to calm down. In the workplace, it manifests when bosses give subordinates constructive feedback regarding their performance. Goleman also looks at pilot programs in schools from New York City to Oakland, Calif., where kids are taught conflict resolution, impulse control and social skills.
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