



How to Improve Your Emotional Intelligence At Work & In Relationships

Shawn Kent Hayashi

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What if one book could reveal to you how to find happiness, conquer fear, build stronger relationships, and create a life filled with purpose and passion... Would you read it?

THIS IS THE BOOK: the step-by-step guide to raise your emotional intelligence. When you apply these ideas, you will create a joyful, purposeful life.

Through clear, encouraging coaching, best-selling author Shawn Kent Hayashi deconstructs how to raise your EQ and makes mastery possible. Real life stories, hands-on exercises, and an integrated journal launch you from passive learning to active practice -- fast!

In "How to Improve Your Emotional Intelligence at Work & in Relationships" you'll gain these vital tools:

- The life-changing questions to ask yourself when you're feeling fear or anger and want to create lasting positive change in your life
- The fastest way to stop emotional hijacks from damaging your relationships and career
- The secret to developing emotional intelligence
- The best techniques to self-regulate through negative emotions
- The truth about your "emotional wake" and the steps to strengthen your relationships with awareness, empathy, and social skills
- The simple but powerful habits that will enable you to spark joy, create more hope, passion, and love -- and inspire others!

Use this practical guide to create your path to professional success and personal growth -- and get ready to thrive!

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