



Emotional Intelligence 2.0

By *Travis Bradberry, Jean Greaves*

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By now, emotional intelligence (EQ) needs little introduction—it's no secret that EQ is critical to your success. But knowing what emotional intelligence is and knowing how to use it to improve your life are two very different things.

Emotional Intelligence 2.0 delivers a step-by-step program for increasing your emotional intelligence using the four core EQ skills—self-awareness, self-management, social awareness, and relationship management—to exceed your goals and achieve your fullest potential.

For the first time ever in a book, Drs. Bradberry and Greaves unveil TalentSmart's revolutionary program to help people identify their EQ skills, build these skills into strengths, and enjoy consistent performance in the pursuit of important life objectives. This audiobook contains proven strategies from a decade-long effort to accurately measure and increase emotional intelligence. Trusted by upper-echelon leaders inside companies worldwide, these strategies will enable you to capitalize on the skills responsible for 58% of performance in all types of jobs.

The new, enhanced online edition of the world's bestselling emotional intelligence test, the Emotional Intelligence Appraisal®, will show you where your EQ stands today and what you can do to begin maximizing it immediately.

The audiobook's smooth narrative style turns rigorous research into memorable stories and practical strategies that anyone can use to his or her advantage.

With 90% of top performers high in EQ, and EQ twice as important as IQ in getting where you want to go in life, who can afford to ignore it?

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Emotional Intelligence 2.0 By Travis Bradberry, Jean Greaves Bibliography

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Editorial Review

From the Inside Flap

"Emotional Intelligence 2.0 succinctly explains how to deal with emotions creatively and employ our intelligence in a beneficial way."

--THE DALAI LAMA

"Emotional Intelligence 2.0 is a fast read with compelling anecdotes and good context in which to understand and improve your score."

--NEWSWEEK

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Includes a passcode for online access to the world's bestselling emotional intelligence test, the Emotional Intelligence Appraisal®, which will show you where your EQ stands today and what you can do to begin maximizing it immediately.

Rooted in sound research involving more than 500,000 responses, this new edition of the test will:

-- Pinpoint which of the book's 66 emotional intelligence strategies will increase your EQ the most.

-- Reveal the specific behaviors responsible for your EQ scores.

-- Allow you to test yourself a second time to measure how much your EQ has increased from your efforts.

The book's smooth narrative style turns rigorous research into memorable stories and practical strategies that anyone can use to his or her advantage.

With 90% of top performers high in EQ, and EQ twice as important as IQ in getting where you want to go in life, who can afford to ignore it?

From the Back Cover

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--THE DALAI LAMA

"Emotional Intelligence 2.0 is a fast read with compelling anecdotes and good context in which to understand and improve your score."

--NEWSWEEK

"Surveys of 500,000 people on the role of emotions in daily life have enabled the authors to hone EQ assessment to a 28-question online survey that can be completed in seven minutes."

--*The Washington Post*

"Read worthy strategies for improving emotional intelligence skills make this our how-to book of the week. It's nice to know that average IQ doesn't limit a person to average performance. And who can resist an online quiz with instant feedback?"

--*Newsday*

"This book can drastically change the way you think about success...read it twice."

--**Patrick Lencioni, author, *The Five Dysfunctions of a Team***

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About the Author

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Elizabeth Murphy:

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