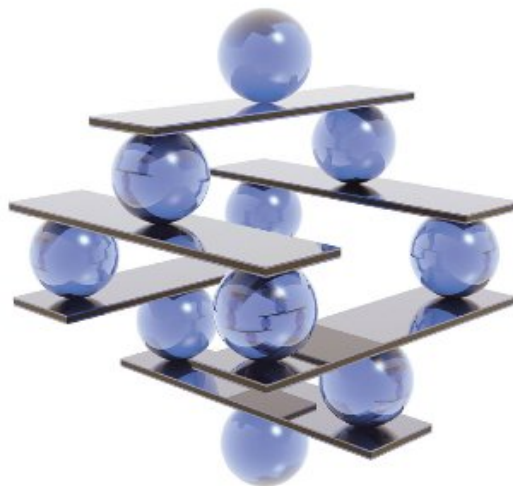


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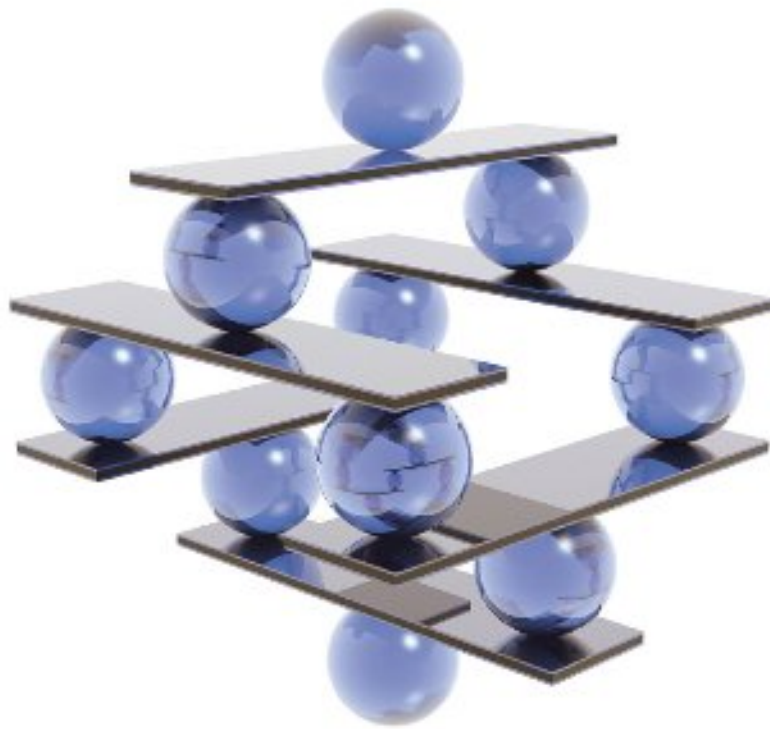
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**E.Q. Librium: Unleash The Power Of Your Emotional Intelligence; A Proven Path To Career Success By Yvette Bethel.** In undergoing this life, many individuals always aim to do and obtain the very best. New knowledge, encounter, lesson, and everything that can enhance the life will be done. Nevertheless, lots of people occasionally feel puzzled to obtain those things. Really feeling the minimal of experience and resources to be better is one of the does not have to possess. Nonetheless, there is a quite basic thing that could be done. This is just what your teacher constantly manoeuvres you to do this. Yeah, reading is the solution. Reviewing a book as this E.Q. Librium: Unleash The Power Of Your Emotional Intelligence; A Proven Path To Career Success By Yvette Bethel as well as other recommendations can enrich your life top quality. Exactly how can it be?

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Unlike our intelligence quotient, our emotional intelligence quotient (E.Q.) can be improved. This means there is hope for anyone who wants to work on building their Emotional Quotient. E.Q. Librium—Unleash the Power of Your Emotional Intelligence: A Proven Path to Career Success is divided into two parts. In Part One, you will examine the fundamentals of emotional intelligence, how it is linked to your success, and the characteristics of emotionally intelligent people. Managing your emotions is an art, so you can choose to use the combination of tools from this book that best fit your personal style and strengths.

Part Two provides practical steps and strategies you can use to manage emotionally charged situations. Part Two is also integrative. It presents perspectives of leadership, conflict, politics, and diversity, providing ideas about how to apply emotional intelligence strategies to multiple facets of interactions. This book is designed to provide you with practical tools that can help you achieve balance through your emotions, no matter your gender, career, family background, plans, or stage in your life.

- Sales Rank: #1185932 in eBooks
- Published on: 2012-08-02
- Released on: 2012-08-02
- Format: Kindle eBook

Most helpful customer reviews

1 of 1 people found the following review helpful.

Practical Emotional Intelligence Guidebook

By Angela

I received a complimentary copy of this book for use in a blog review. All opinions are my own.

E.Q. Librium is part textbook--and part guidebook. Some of the book does deal with very technical aspects as the author analyzes emotional intelligence. This does give the book a textbook tone at times. Having said that; however, the author illustrates her ideas via real world case studies and helps readers utilize that textbook information in very practical, real-world based exercises.

E.Q. Librium offers a useful resource for managers, employees and students alike. This book shares a lot of well defined technical information regarding emotional intelligence--but, does so in a very practical way. The passages are short, easy to understand--and include a number of exercises and activities to practice the material learned throughout the book. While I can certainly see this book as a useful guide to business managers and professionals--it is presented in such a manner that anyone is able to use the book to better attain their own goals and personal results.

Would I recommend E.Q. Librium by Yvette Bethel? We live in a very emotionally charged world--where technology has taken away some of our innate human interactions. I think many of us forget the role

emotions play in our thoughts, actions and events of our days. While this book may be intended for the career oriented/business world--I think it has an even greater value to daily life and our own daily interactions. Emotions drive our behaviors--and our small successes and failures. I would recommend this book to anyone seeking to understand or to re-think our human, emotional responses--or trying to correlate behaviors in those around us to situations and events. This is a great book for those of us asking why we do the things we do--and how we can re-wire ourselves (and encourage others) to do things better or more successfully.

1 of 1 people found the following review helpful.

You'll want to take notes, read a chapter at a time, and put the ideas into action immediately.

By Rosemary ONeill

Have you ever had a colleague who was totally brilliant, but had no clue how to handle office politics?

Whenever humans are required to work together in an enclosed space, there is conflict. Those who can manage their emotions effectively become the leaders, and those who can't, are always grumbling together in the break room.

E.Q. Librium, by Yvette Bethel, provides you with practical tools that can help you achieve balance through your emotions. The book offers a diverse array of case studies, stories, and examples that illustrate how emotional intelligence impacts every aspect of our lives.

The author draws on research as well as her own experiences over 20 years within a Fortune 500 company to offer guidance on how to improve one's emotional intelligence. That's the good news--while your IQ is pretty much determined at birth, your EQ can be lifted if you take the time to focus on it.

This book, along with the associated workbook, are no quick-read opinion pieces. You'll want to take notes, read a chapter at a time, and put the ideas into action immediately. Be forewarned, though, you may catch yourself evaluating the emotional responses of others around you!

#### Value-Based Characteristics That Will Benefit You and Others

Integrity

Situational Ethics

Ownership

If you say you are going to do something, do it

Recognize biases

Demonstrate courage

Weigh as many sides as possible

Forgiveness

Communication

Responsiveness and resourcefulness

Ms. Bethel goes into detail for each of the above characteristics, providing a real-world case study and then research and explanation to go along with it. The chapter on resolving conflict is one I plan to refer back to in the future, as well.

I highly recommend this book for anyone who is interested in improving their relationships at work and at home. The principles outlined are applicable whether you're a solo entrepreneur, a recent graduate, a small business owner, or CEO of a large company.

(This review originally appeared on Successful Blog)

1 of 1 people found the following review helpful.

The Perfect Guide to Helping Others Manage Staff and Emotions

By Paula L. Phillips

One of the things I love is learning about myself and last year I did a course at work all about Emotional Intelligence , so when I had the opportunity to read and review EQ Librium, I jumped at the chance as I find all this information quite interesting and useful. EQ Librium is basically a guide that every working person and especially if you find yourself in a managing position that you should read as it is helpful and will open your mind to a whole lot of new ways to cope with your emotions and the emotive state of others around you. The book is split into two parts, the first is the theories and the different information specs about your emotions - which often if you are not a reader, you could find a tad boring as it does feel like it goes on and on. The second half is the perfect balance for those who love practical work as it is filled with excercises and reflections and to put into practice what you have covered in Part #1. The book is fairly easy to read, with any jargon explained in boxes throughout, there are plenty of case studies throughout demonstrating how the techniques explained actually work, I found these particularly helpful. E.Q. Librium is very worth reading if you work in an office, manage people or aspire to management. Having a better grip on your emotions will help you manage your own life if nothing else.

EQ Librium will help you gather your thoughts and help in your journey to success with becoming emotionally self-aware; managing your emotions; diffusing those emotionally charged situations; strengthening your leadership skills, building healthy work relationships; and enhancing your performance.

See all 14 customer reviews...

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