



# EMOTIONAL INTELLIGENCE: Managing Emotions to Win in Life

*S. K. MANGAL, SHUBHRA MANGAL*

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## EMOTIONAL INTELLIGENCE: Managing Emotions to Win in Life S. K. MANGAL, SHUBHRA MANGAL

Emotional Intelligence (EI) is a personality development tool which can be developed at any stage of life to enhance one's ability and get desired success in various life pursuits. This book is conceived to prove as an effective source of motivation and know-how of getting imbued with the EI skills.

The book describes emotional intelligence as a key to attain success in life. It highlights how managing emotional traits like anger, jealousy, empathy, love and so on can help a person to be a better human being and emerge as a winner in life. Organized well, the chapters comprehensively explain the concept of emotional intelligence with relation to its development and utilization for getting desired success in one's personal, social and professional life.

The book, thus, have the needed potential to equip the readers with the knowledge, skills and applied aspects of EI and its measure, EQ, for deriving rich dividends through the development and application of EI skills (mostly emotional and social in nature). The book also helps people with high IQ to analyze that EQ and IQ goes hand-in-hand, and by developing the EI skills they can excel in those spheres of life, where they otherwise fail to excel with IQ alone.

The book is designed for the postgraduate students of Psychology, Education and Management. Besides, the book is also useful for the professionals and general readers. It is going to prove an asset for those who are suffering from failures and lack of confidence.

### Key features

Provides an easy workable model of EI for utilizing EI skills as key to success.

Includes reader-friendly features like key ideas (within boxes), figures, tables, case studies and illustrations from daily life and Panchatantra stories and folk tales.

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