

ate the Person You Want to Be, Build Confidence, and

author: Andrew Kuehn

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Synopsis

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inLanguage	english

This book was written because I am on a mission. That mission is to help people to gain a better knowledge of what emotional intelligence is all about because it can improve their lives beyond all recognition. We all have emotions. These are the thoughts and the feelings that swing our lives up and down and even find us lost for words or generally lost or confused. However, when you learn to use emotions intelligently, you can actually start to gain confidence and take control of your life.

Don't believe me? Then you need to listen to this book, as it may hold answers that you haven't even thought of. How would I know? I have worked with people from all walks of life and have experienced the mixed bag of emotions that people experience every day of my working life. Having been aware of how people's viewpoints are stilted by their emotions, I thought it a good time to put pen to paper and help those who are finding this particular balancing act hard to control. This is your chance to shine and all you need to do is listen and take notice of the chapters that lie ahead. When you do, you will surprise yourself because all you needed was guidance. Taking the right direction gets you there quickly while most people these days seem to prefer their lives to be hit and miss and end up stressed and out of control of their lives. Want all that to change? Then get this book, and you will learn how to do just that.

Here is a preview of what you'll learn....

- What is emotional intelligence?
- Learning not to judge
- Connecting the Dots
- Learning to listen to your body and learn to listen to others
- Learning to gain confidence

Download your copy today!

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