



Emotional Intelligence: 50 Effective Ways To Improve Communication Skills, EQ And Mastering Your Emotions (emotional intelligence, interpersonal skills, people skills, interpersonal communication)

By Kellie Sullivan

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Emotional Intelligence - The Secrets Tips Will Be Reveal!

A Short Read With Easy To Apply Practical Tips & Powerful Knowledge That Will Help You In No Time

Have your emotions been controlling you lately? Do you feel like there is nothing you can do? Do you feel hopeless? Have you ever wanted to be better? Do you struggle with communication? Are you always hiding your feelings and unsure of how to express them? Have you ever wondered what emotional intelligence was? If you answered yes to any of these questions then this book is for you. with depression

This book will give you experiences, and examples to better suite your needs. This book will become more than a helpful guide, but soon will become your self-awakening. Once you can control and express your emotions, then the concept of happiness becomes more obtainable.

This book will include step-by-step instructions and the how to's along the way.

Here Is A Preview Of What Inside The Book:

- The meaning of emotional intelligence
- Examples of emotional intelligence
- The four attributes of emotional intelligence
- Skills to improve your communication skills
- 50 examples of ways to improve your communication skills

- And more

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Editorial Review

About the Author

Who is Kellie Sullivan?

She's a mom with 2 lovely children and happily married for 11 years, an ordinary human being with a big passion for life and is constantly improving herself. Loves yoga, meditation, running and most importantly, making silly jokes with like minded people and not to take life too seriously.

Hi, I'm Kellie Sullivan and I'm a life coach, a vegan, and a herbalist. I really advocate a lot in living life to it's true full potential and going for what you're passionate about because life's too short to be doing what you don't enjoy. I have spent most of my adult life travelling the globe teaching and studying self-help, natural health, and happiness. My goal is to publish books that will empower readers to improve their health, their well-being and also to inspire the readers to always keep striving to be the better version of themselves.

Ok! Hope my bio is not too boring.

Make sure to click "Follow" on my author's page to follow my new releases or check out my website @ kelliesullivan.strikingly.com

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