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works in the real world--and provides a practical set of tools that help you make emotions work for you, instead of against you. You'll learn how to: Transform your strongest emotions from a destructive force to a power for good.

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Justin Bariso brings the concept of emotional intelligence up to date and into the real world, combining scientific research with high-profile examples and personal stories. EQ Applied teaches you how to channel your strongest feelings in a way that helps, not harms you—or others—enabling you to break down barriers and improve the quality of your relationships.

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It is very well researched but it also suggests ways that you can immediately improve your EQ and apply it in real world situations. It is clear that emotional intelligence is one of the

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most important skills needed for success in the work life and in our personal life.

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I'm also the author of "EQ Applied: The Real-World Guide to Emotional Intelligence," an international bestseller that's

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been translated into over a dozen languages. I founded EQ Applied to help others harness the power of emotion for good.

About — ~~EQ Applied~~

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EQ, Applied teaches you how to channel your strongest feelings in a way that helps, not harms you—or others—enabling you to break down barriers and improve the quality of your relationships. You'll learn how thoughts and habits affect emotions, and how to replace bad habits with healthier ones.

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