



## The student EQ edge [ emotional intelligence and your academic and personal success /

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Jossey-Bass, 2013

Emotional intelligence

Academic achievement-

Success-

Monografía

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**Título:** The student EQ edge [Recurso electrónico] emotional intelligence and your academic and personal success  
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**Variantes del título:** Student emotional intelligence edge

**Mención de serie:** E-Libro

**Bibliografía:** Includes bibliographical references and index

**Contenido:** Emotional intelligence: here to stay -- Class closed and the ABCDE model -- Emotional self-awareness -- Self-regard -- Self-actualization -- Emotional expression -- Independence -- Assertiveness -- Interpersonal relationships -- Empathy -- Social responsibility -- Reality testing -- Problem solving -- Impulse control -- Flexibility -- Stress tolerance -- Optimism -- Happiness -- EQ and student success -- EQ and work success -- The role of EQ in leadership -- EQ, lifestyle, healthy living, and relationships -- What's next?

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