



The EQ Edge: Emotional Intelligence and Your Success

Steven J. Stein , Howard E. Book

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A FULLY REVISED AND UPDATED EDITION OF THE INTERNATIONAL BESTSELLER What does it take to be a firefighter? Fighter pilot? Top of the heap in the sales department? A brilliant customer service advisor? Esteemed and respected corporate leader?

What does it take to get ahead? To separate yourself from the competition? Lead a less stressful existence? To be fulfilled in personal life and professional pursuits?

What is the most important dynamic of your makeup? Is it your IQ intelligence quotient? Or EQ emotional quotient?

If you picked "A," you are partly correct. Your intelligence quotient can be a predictor of things such as academic achievement. But it is fixed and unchangeable. The real key to personal and professional growth, and happiness, is your emotional quotient, which you can nurture and develop.

The EQ Edge, by Steven J. Stein and Howard E. Book, shows you how the dynamic of emotional intelligence works. By understanding EQ, you can build more meaningful relationships, boost your confidence and optimism, and respond to challenges with enthusiasm--all of which are essential ingredients of success.

The book features case studies and fascinating--and surprising--insights into EQ and the workplace. As an HR or line manager, this book will help you determine which personnel are the right fit for job opportunities and who among your staff will be the most promising leaders and drivers of your business. And because CEOs to front-line workers also have other roles--parent, spouse, caregiver to aging parents, neighbor, friend--*The EQ Edge* also describes how everyone can be more successful in these relationships.

"Finally, a practical and useable guide to what emotional intelligence is all about. This book peels the onions on what EQ really is and teaches the reader to assess their own EQ and how to increase it. This is the holy grail for career success."

--Michael Feiner, Professor, Columbia Graduate School of Business and author of *The Feiner Points of leadership*

The EQ Edge: Emotional Intelligence and Your Success Details

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From Reader Review The EQ Edge: Emotional Intelligence and Your Success for online ebook

Kristinn Hróbjartsson says

Shallow overview

This book gives a decent overview of the authors concept of Emotional Intelligence (and promotes their EQ-i 2.0 EQ test thoroughly). However, the overview is shallow and the stories are as well - often corny, not believable or too basic to make it interesting.

Some of the book's statements are backed by research, but the research part of it only goes so far - would've liked to see a more complete discussion or the EQ concept, which still feels like a not well defined idea.

Eman Al-shamri says

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Peter says

I didn't do the exercises in this book, but I think they would be really useful in most circumstances. This book helps give an understanding of what EQ is and how it can be used. In my opinion, EQ is useful in almost every situation. I haven't read any other books on this topic, but this one seemed to be very detailed and useful.

Agustinus Susanto says

"Kita punya Segunung Emosi yang setiap saat akan tereksplasi. Pandai-pandailah mengendalikan emosi untuk hal2 yang positif. Jika yang terjadi sebaliknya adalah bomerang yang didapat".

Meski sering dibaca buku ini sulit dipraktikan, karena terkadang bertentangan dengan apa yg gw harapkan.

Karen ?* says

This is a great companion book for those who have undertaken the EQ-i 2.0® or the EQ 360® and want to understand more about the tool and exercises for developing in some areas, or for those who have undertaken the certification as a practitioner.

As someone that falls into the latter category as my reason for reading this, I can certainly see myself using

this book with clients or even just to remember certain elements of the tool and their meanings and applications.

Maja vujinovic says

Very eye opening and useful... things one would think about and somewhere in the back of our minds know about but never attempt to practice or use until this book. If you are looking for a book to better yourself this is it.

Anna MBA says

Great book about Emotional Intelligence skills and sub-skills. Very detailed. The language is easy to understand. Examples are simple and relevant. I'd suggest to read this if you're curious how emotions impact your actions, interactions, and decision-making.

Matthew Woodcock says

Read this for work. We did a lot of homework with this and the book had some good suggestions and clarifications for work.

Jane says

This book summarizes well the 15 areas of EQi AND the research on how they relate to success. Most of the self-identification questions are useful, and there are many good exercises for improving your own emotional intelligence. You can actually increase your EQi so it's worth investigating what is holding you back from fulfillment and how you might improve your ability to succeed at what is most important to you.

Benjyklostermann says

As a learning tool about the many dimensions of emotional intelligence and its far reaching impacts on your personal and professional life, I can't recommend this book enough. Potential turnoff for some readers, this does feel at times like a textbook, plus a little fluff and self-aggrandizement on the EQi model the authors created. Still, worth it.

There is much more to EQ than being a "sensitive" person. In fact, that only touches maybe 2 or 3 of the 16 dimensions that make up the definition of EQ in this book. Great awareness.

Erica says

Has great exercises, explains each point well. I think everyone could benefit from this book. EQ is very important in our holistic health, our success in family and friends and career. Highly recommended.

Sandra says

It's one of the best EQ books I have, easy subject index in the back of the book. Some parts read like stereo instructions, but overall it's been good.

Yury says

The book is very interesting and hands-on!

I have read it when I had issues with time pressure and didn't have enough time and skills to really understand myself. Some exercise from the book are amazing. Like, ABCDE-exercise for example. Elegant and simple tool to work with your underlying beliefs!

Although I was always thinking that its kind of not quite "XXI century" to make it on paper, so I has even started developing an app for that, and its in development right now. Hope, I will finish it soon.

Read this book! Its worth it!

Michael says

If you want to read a no nonsense book about Emotional Intelligence, this is the one. I use it all the time as a reference for my coaching business. I have been using the EQi assessment described in the book for over ten years and have met with Steven Stein multiple times. If you get the Third Edition, check out p 283 where you will see a small section about me and my research ... the first time I saw my name in a book!

Steve Page says

Good practical overview of EQ. Good book for coaches and coachees.
