



Emotional Intelligence: 8 Sure-Fire Ways To Increase Your Emotional Intelligence, Develop Interpersonal Skills And Gain A Deeper Connection With Loved Ones (Social Intelligence)

Kevin Turner

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Emotional Intelligence

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This insightful and in-depth guide to emotional intelligence offers the reader a perspective on emotional intelligence that goes beyond the scope of most other books on the subject.

The author offers an intelligent and profound depiction of the nature of emotions and the vital role they play in our lives and presents it in a writing style that is interesting and easy to understand.

This book ventures into the metaphysical realm in its explanation; however, it is presented with surprising detail and logic.


While depicting emotions and the human body as being made of energy is not original, the author offers a detailed account to how our emotions communicate to us the degree of alignment that our physical bodies have with our non-physical bodies, the soul or spirit.

The author's premise that our thoughts and emotions are vibrational and that they attract situations and events in our lives that are consistent with those vibrations is presented in a manner that is both logical and persuasive.

Our challenge is to overcome the societal conditioning that has devalued our emotional life and learn to experience them fully so that we can live more fully.

The book provides an historic view of emotions, a look to societal attitudes toward emotions, emotions as a spiritual guidance system, and strategies for increasing emotional intelligence.

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