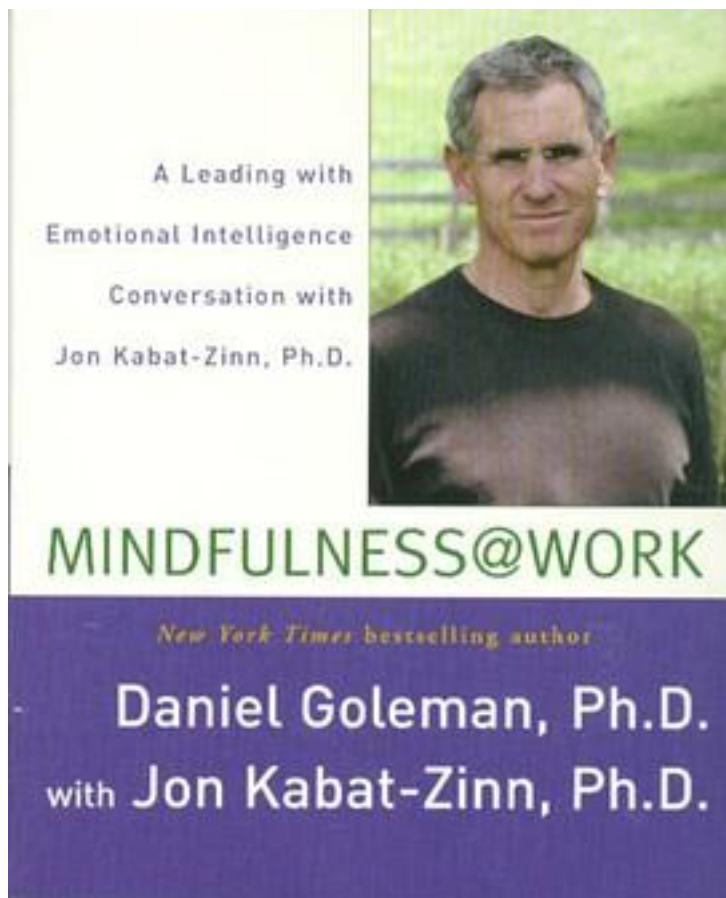


# Mindfulness @ Work



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The ideas expressed in Emotional Intelligence ten years ago have taken on a life of their own. They spurred a movement, with enthusiastic adherents in the business world, in medicine and healthcare, at home, in the field of education and the world at large. Several million people, including business managers, human resource

departments, healthcare workers, teachers, parents and students, have applied the ideas and principles expressed in Emotional Intelligence to their fields with tangible and quantifiable results. Leading with Emotional Intelligence Conversations is an ongoing dialogue series that begins with luminaries in the field of business. In the world of business we have only scratched the surface of how principles of emotional intelligence can increase profitability and efficiency in the workplace.

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