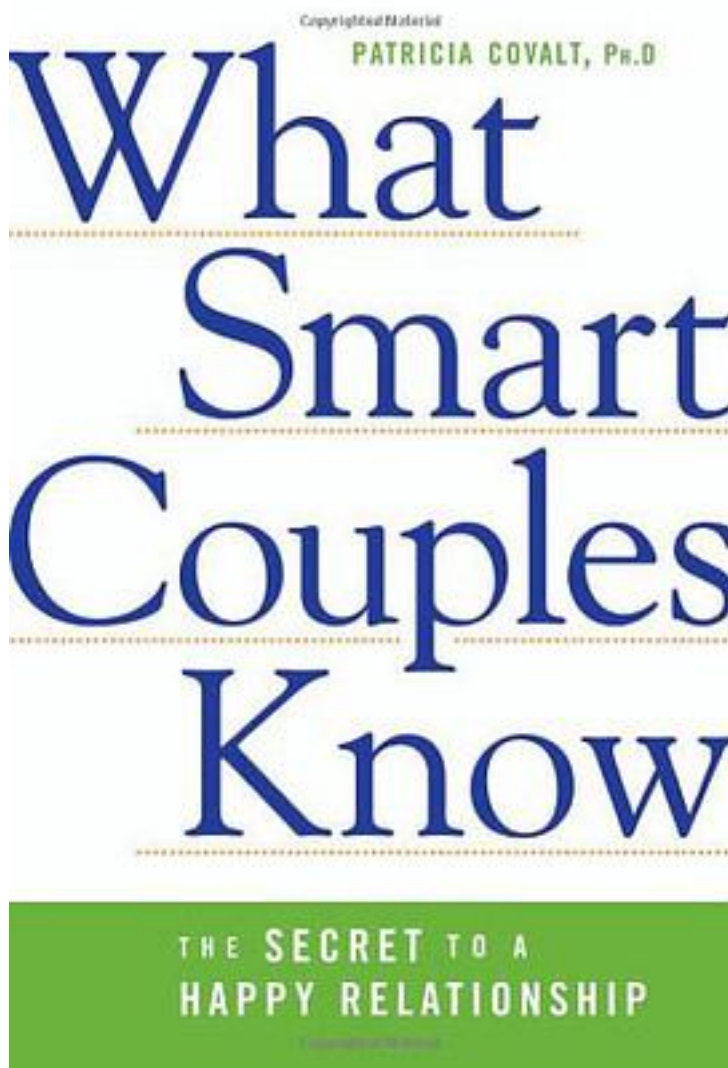


What Smart Couples Know



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As emotional intelligence is the key to success in life generally and in business, it is also a critical ingredient to the successful relationship. This book presents a program to help couples and individuals develop their EQ so that they will be more successful in relationships. The book is mostly intended for people in committed relationships, but will also help singles. The author bases her advice (and her practice) on the principles of Positive Psychology - i.e. the psychology of happiness which focuses on mutual wellness rather than mental illness.

作者介绍:

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