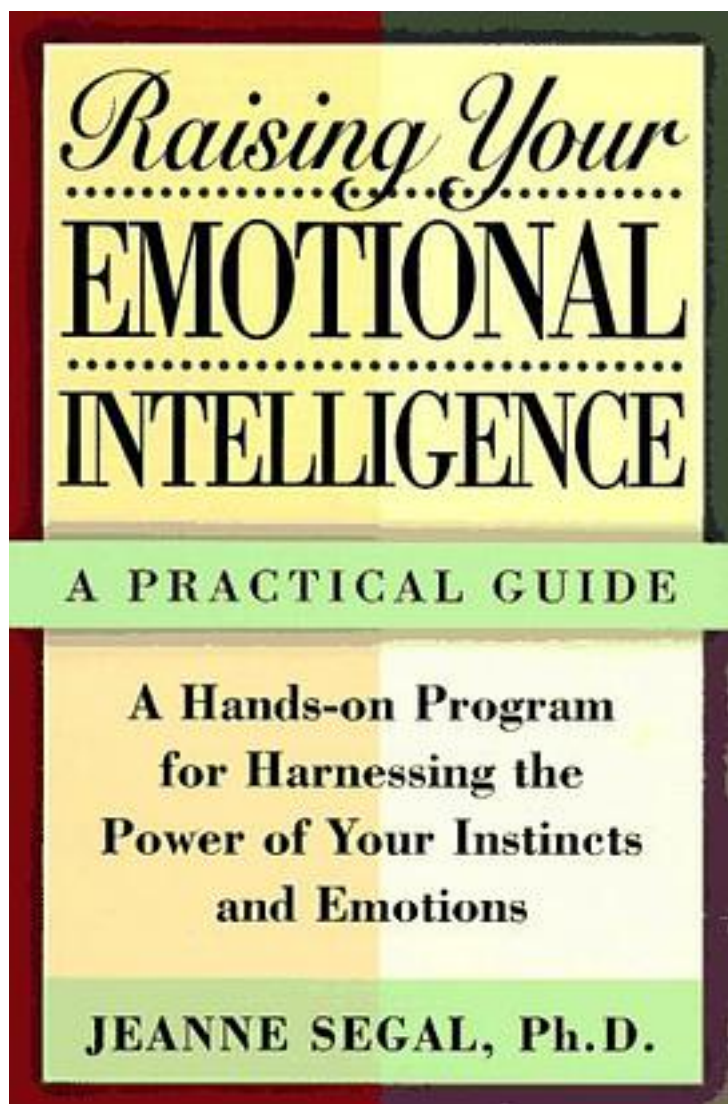


Raising Your Emotional Intelligence



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Employing exercises, self-tests, case studies, and step-by-step instructions, Segal shows readers how to listen to their intuition and their body's messages, make those signals part of their decision-making process, and thus realize the full benefit of their emotional resources.

作者介绍:

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