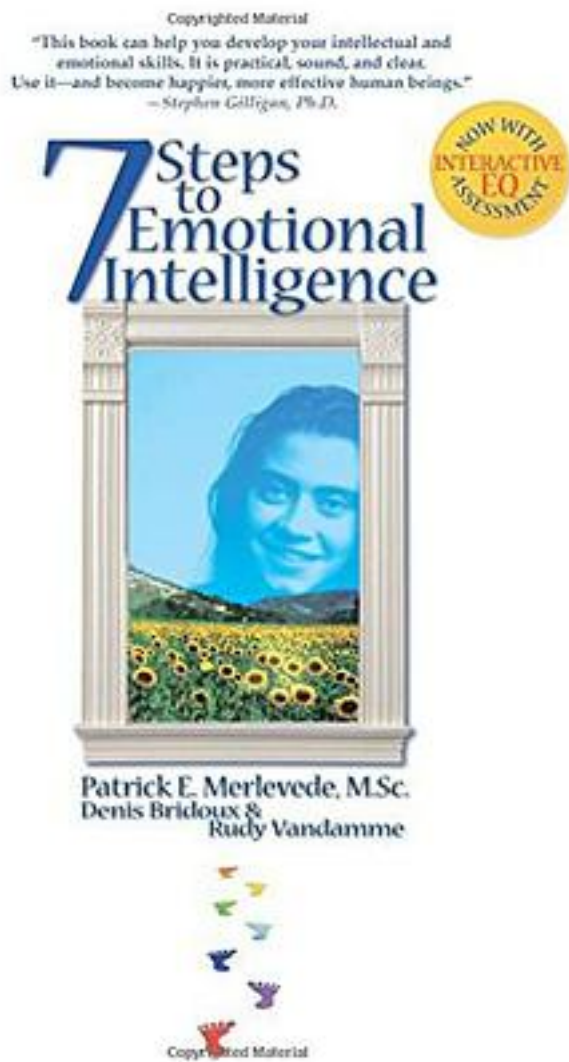


# 7 Steps to Emotional Intelligence



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7 Steps to Emotional Intelligence reveals the structure behind Emotional Intelligence (EI), utilising its unique framework to combine EI and Neuro-Linguistic Programming (NLP). This model-based guide packed with powerful exercises and self-assessment techniques, enables you to design your own Emotional Quotient (EQ) improvement system, and to participate in an intensive EQ excellence course that draws on the self-programming practices of NLP. A functionally-formatted guide to improving your EQ, this book serves as a textbook of EI theory, a manual of NLP techniques, and a workbook to systematically lead you through the process of dynamic EQ improvement.

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