

# What We Know about Emotional Intelligence

## What We Know About EMOTIONAL INTELLIGENCE

How It Affects Learning, Work,  
Relationships, and Our Mental Health

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Emotional intelligence (or EI)--the ability to perceive, regulate, and communicate emotions, to understand emotions in ourselves and others--has been the subject of best-selling books, magazine cover stories, and countless media mentions. It has been touted as a solution for problems ranging from relationship issues to the inadequacies of local schools. But the media hype has far outpaced the scientific research on emotional intelligence. In *What We Know about Emotional Intelligence*, three experts who are actively involved in research into EI offer a state-of-the-art account of EI in theory and practice. They tell us what we know about EI based not on anecdote or wishful thinking but on science. *What We Know about Emotional Intelligence* looks at current knowledge about EI with the goal of translating it into practical recommendations in work, school, social, and psychological contexts.

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目录:

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