

EMOTIONAL INTELLIGENCE

“IMPRESSIVE IN ITS SCOPE AND DEPTH, STAGGERING IN ITS IMPLICATIONS, EMOTIONAL INTELLIGENCE GIVES US AN ENTIRELY NEW WAY OF LOOKING AT THE ROOT CAUSES OF MANY OF THE ILLS OF OUR FAMILIES AND OUR SOCIETY.”

John Kabat-Zinn, Ph.D., author of *Whenever You Go, There You Are*

Is IQ destiny? Not nearly as much as we think. Daniel Goleman’s fascinating and persuasive book argues that our view of intelligence is too narrow, ignoring a crucial range of abilities that matter immensely for how we do in life.

Drawing on groundbreaking brain and behavioral research, Goleman shows the factors at work when people of high IQ flounder and those of modest IQ surprisingly well. These factors, which include self awareness, self-discipline, and empathy, add up to a different way of being smart-one he terms “emotional intelligence”. While childhood is a critical time for its development, emotional intelligence is not fixed at birth. It can be nurtured and strengthened throughout adulthood-with immediate benefit to our health, our relationship, and our work.

