

# Enhancing Emotional Intelligence

With Research Based Insights

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This book has Emotional Intelligent Researchers' views, arguments and research findings in brief. This knowledge may help and empower people who want to make their emotional life more meaningful to themselves, their families, the organizations they work for and the society at large. This book is not intended for reading at one go. Instead, this is meant for pondering over the insights for critical evaluation and to apply the knowledge to enhance emotional wellbeing.



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