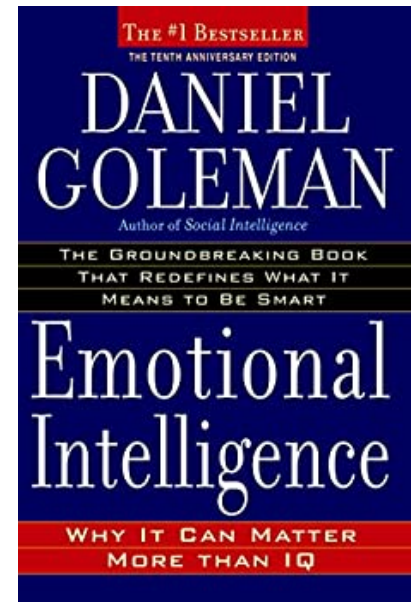


# Emotional Intelligence Book Summary (PDF) by Daniel Goleman

Ready to learn the most important takeaways from Emotional Intelligence in less than two minutes? Keep reading!



## Why This Book Matters:

Emotional Intelligence explains the nature of being in-tune with your emotions and how that knowledge impacts your life.

## The Big Takeaways:

- 1. Emotions are responsible for what we learn and how we use that new-found knowledge.**
  1. If Emotions are essential for learning, even if it sometimes seems like they get in the way.
- 2. Emotions are powerful and can sometimes make us act in a way that doesn't make much sense.**
  1. Heightened emotions sometimes lead to clouded judgment.
- 3. Being emotionally intelligent can help you manipulate your emotions into tools that help you reach your goals.**

1. Emotional intelligence lets you realize your emotions and use them to your advantage.
4. **Finding the middle ground between emotional and technical thinking is how you achieve emotional intelligence.**
  1. Thoughts and feelings go hand in hand. They need one another to thrive. However, they also need balance.
5. **Being emotionally intelligent leads you to a more prosperous, happier, and healthier version of yourself.**
  1. Emotional intelligence is the key to living a fulfilling life.

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