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In his defining work on emotional intelligence, best-selling author Daniel Goleman found that it is twice as important as other competencies in determining outstanding leadership. If you listen to nothing else on emotional intelligence, listen to these 10 articles by experts in the field. We've combed through hundreds of articles in the *Harvard Business Review* archive and selected the most important ones to help you boost your emotional skills - and your professional success. This book will inspire you to:

- Monitor and channel your moods and emotions
- Make smart, empathetic people decisions
- Manage conflict and regulate emotions within your team
- React to tough situations with resilience
- Better understand your strengths, weaknesses, needs, values, and goals
- Develop emotional agility

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Jose York:

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Alta Valentin:

Spent a free time for you to be fun activity to accomplish! A lot of people spent their sparetime with their family, or their own friends. Usually they accomplishing activity like watching television, about to beach, or picnic inside park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your free time/ holiday? Might be reading a book is usually option to fill your totally free time/ holiday. The first thing you will ask may be what kinds of publication that you should read. If you want to consider look for book, may be the publication untitled HBR's 10 Must Reads on Emotional Intelligence can be great book to read. May be it can be best activity to you.

Dione Wicker:

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James Fitzgibbons:

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