

[Mobile book] The Other Kind of Smart: Simple Ways to Boost Your Emotional Intelligence for Greater Personal Effectiveness and Success

The Other Kind of Smart: Simple Ways to Boost Your Emotional Intelligence for Greater Personal Effectiveness and Success

Harvey DEUTSCHENDORF

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"Harvey shows us the way to overcome barriers that stand in the way of reaching our true potential."
—ROBIN SHARMA, author of the #1 International Bestsellers,
The Monk Who Sold His Ferrari and *The Saint, The Surfer and The CEO*

The Other Kind of Smart

SIMPLE WAYS TO BOOST YOUR
EMOTIONAL INTELLIGENCE
FOR GREATER PERSONAL
EFFECTIVENESS AND SUCCESS



HARVEY DEUTSCHENDORF

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Harvey DEUTSCHENDORF : The Other Kind of Smart: Simple Ways to Boost Your Emotional Intelligence for Greater Personal Effectiveness and Success before purchasing it in order to gauge whether or not it would be worth my time, and all praised *The Other Kind of Smart: Simple Ways to Boost Your Emotional Intelligence for Greater Personal Effectiveness and Success*:

0 of 0 people found the following review helpful. A Wondrous Well-Being Book Powered-Up with Can-Do EI Tips By Judy Krings, Ph.D., CMC, PCC Polished, yet powered by practical and doable ways to increase your emotional intelligence, this book is a winner. If you have obstacles in awareness, insight or understanding your own behavior and emotion, and/or that of others, this book will guide your way to "people and social strength confidence." Emotional

intelligence coach Harvey Deutschendorf gets down and walks on the jungle floor with you. His stories and interesting case studies are worth the price of this book. You will discover far better reading here than in many EI text books. I particularly enjoyed his discussion of the "gender differences debate". That when male and female profiles are added up, women on the whole are more aware of their emotional intelligence and better at forming relationships, while men adapt more easily and handle stress better. It is noteworthy, however, that this is a generalization, and individual variations may negate or even reverse these differences. Good to know. I really enjoyed how he intertwined positive psychology coaching strengths and genetics. How hopeful for all of us that EI is not fixed. You can learn to become for EI astute throughout your life span and develop more success strategies. And he tells you how. Don't know your EI capability? He gives you a neat, short EI quiz at the end of his book. Great fun to find your benchmark. Harvey also gives you specific as well as global ways to apply EI. He explains how negative emotions are valuable and serve you as opportunities to reach for new emotional coping strategies. A great "call to action", rather than an enemy to be conquered. If you want to increase your stress tolerance, harness more interpersonal effectiveness, engage empathy, add to your flexibility with co-workers, boost assertiveness, and incorporate lasting success strategies, grab a copy of "The Other Kind of Smart". Gift it to all you care about, too.

0 of 0 people found the following review helpful. A must read!! Fantastic Author By Rebecca Sossi Since the age of 20, I have been addicted to self improve/growth. I've read just about all the books on the subject. About a year ago I came across an article about emotional intelligence. I was immediately in love with the whole idea. I began to search for more information and I found Harvey's book "The Other Kind of Smart". I was impressed by Harvey's practical and effective ways to improve emotional intelligence for personal success, he even includes a mini EI quiz! If your interested in improving your personal success I encourage you to read this book written by one of the most influential authors on the subject of EI.

0 of 0 people found the following review helpful. Perfect book for new leaders By Customer There's tons of books that can help you understand the importance of emotional intelligence. However, I haven't found any that are as helpful as The Other Kind of Smart. The author does a great job of delivering short, compelling chapters that are filled with real world examples and stories that anyone can relate to. If you're interested in helping the leaders in your organization improve their ability to inspire and motivate their team I highly recommend this book. Not only will they enjoy the read, it will actually lead to a change in behavior.

We have known for years that the difference between those who become successful in life and those who struggle is their degree of emotional intelligence (EI), or "people skills." Now, The Other Kind of Smart shows readers how they can increase their emotional intelligence and overcome the barriers that are preventing them from realizing their true potential. Emotional intelligence coach Harvey Deutschendorf has shown thousands of people how to relate emotional intelligence to everyday situations. Here, he uses the proven techniques of storytelling, combined with quotes and exercises, to show readers how to apply the principles of EI on the job. Filled with real-life scenarios and solutions, the book offers tools that will bring results in as little as five minutes a day and shows how to develop stress tolerance, cultivate empathy, increase flexibility with co-workers, boost assertiveness, and resolve problems successfully. Complete with an EI quiz that will help readers measure their own level of emotional intelligence, this invaluable guide will enable everyone to improve their relationships and increase their effectiveness at work in a practical, accessible way.

"...an awesome book...well written, simple, easy to understand, fast to read and just about right on in most of its suggestions and ideas." -- CEO Blog "..."helps the reader at once feel good about their strengths and also willing to work on their weaknesses." -- Eastern Pennsylvania Business Journal "..."very useful guide to develop stress tolerance, cultivate empathy, increase flexibility, boost assertiveness, resolve problems successfully, and overcome self-limiting barriers to achieve one's true potential." -- CEO Refresher.com Selected as on the best books of 2009 by CEO Refresher.com "..."well-written...how-to book to help them boost their emotional intelligence...must for anyone in management or leadership...don't think you'll find a better book on the subject." ndash; Dan Bobinski, management-issues.com "..."for anyone...seeking information about how to better function in the workplace and in life...helps readers identify emotions and behaviors that may have become roadblocks to success and determine how to overcome them."mdash; AORN Journal "..."offers a greater understanding of the need for and benefits of higher levels of emotional intelligence...as well as specific techniques to improve..."ndash; The School Administrator From the Back Cover "An easy-to-read, interesting book that uses everyday stories and simple exercises to show us how to make the most of emotional intelligence in our workplaces and homes." -- Lee Iacocca Looking for greater satisfaction in your work and personal life? Simply follow the clear, upbeat strategies for increasing your EI you will find in this book. Emotional intelligence (EI) has been called "advanced common sense" and is proven to be a far better predictor of success than IQ. And unlike cognitive function, your emotional capacities are flexible, adaptable, and highly expandable. Filled with inspirshy;ing stories from companies who have tapped into the power of EI, along with profiles of people facing real-world dilemmas and easy-to-implement action plans, The Other

Kind of Smart opens your eyes to crucial, yet often ignored, life lessons, including how to: Handle conflicts in a way that brings people closer together and learn why disengagement is the real worry. Become in tune with the full range of your emotions and transform them from your enemies to your allies. Move beyond thinking of success in monetary terms to discover what you really want to accomplish, then actively work to achieve your goals. Build healthy personal and professional relationships, the cornerstone of happiness and fulfillment. Use your emotional intelligence to effectively navigate change and cope with stress. Cultivate optimism and other mental habits of happy people; while avoiding a limited Pollyanna outlook EI is not a sideline, soft issue, but a critical factor in your personal and professional well-being. The Other Kind of Smart uncovers deep insights and simple strategies for building the life you want. Advance Praise for The Other Kind of Smart: "This book shows you how to be more personable and persuasive with everyone you meet. It will transform your relationships with others!" — Brian Tracy, author of the Wall Street Journal bestseller Focal Point "This book gives straight answers. I recommend it." — Marianne Williamson, author, Enchanted Love: The Mystical Power of Intimate Relationships "Good, sound advice on how to create and maintain meaningful relationships." — John Gray, Ph.D., author, Men Are from Mars, Women Are from Venus "Whether at work, at home or at play, emotional intelligence skills are crucial to enhancing our lives. This easy-to-read book brings those skills home to the reader in an interesting and effective manner." — Jim Clemmer, author, Growing the Distance and The Leader's Digest Harvey Deutschendorf is an emotional intelligence coach who has worked in the field of EI for more than 10 years and is a Certified Administrator of the BarOn EQi, the first scientifically valid test for emotional intelligence approved by the American Psychological Association. He lives in Alberta, Canada. About the Author Harvey Deutschendorf (Alberta, Canada) is an emotional intelligence coach who has worked in the field of EI for more than 10 years, and a Certified Administrator of the BarOn EQI, the first scientifically valid test for emotional intelligence approved by the American Psychological Association.