

A NEW HARBINGER SELF-HELP WORKBOOK



**THE
EMOTIONAL
INTELLIGENCE
SKILLS
WORKBOOK**

- EXPRESS YOURSELF EFFECTIVELY
- MANAGE OVERWHELMING EMOTIONS
- LEAD WITH YOUR VALUES
- CONNECT WITH OTHERS

**IMPROVE COMMUNICATION AND
BUILD STRONGER RELATIONSHIPS**

STEPHANIE CAELLA, PSYD | MATTHEW MCKAY, PHD

FOREWORD BY ROBYN D. WALSER, PHD

Emotional Intelligence Workbook Quick Start

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