

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 CAPELLA, PSYD | MATTHEW MCKAY, PHD**

FOREWORD BY ROBYN D. WALSER, PHD

# Readers Choice Emotional Intelligence Workbook

**L Darling-Hammond**



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