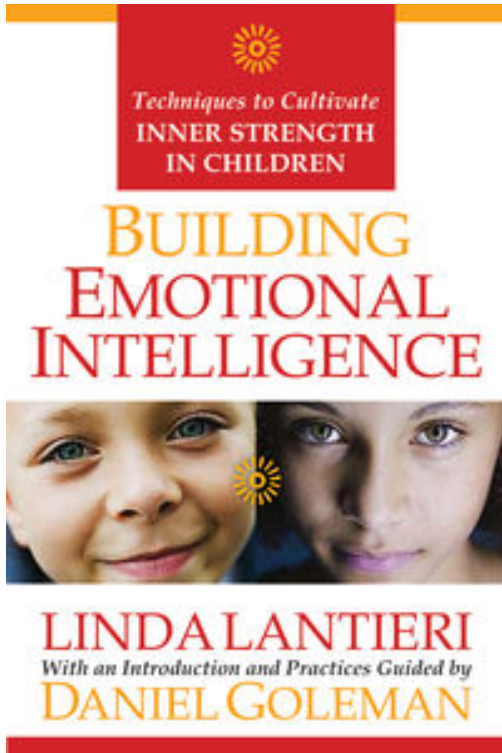


Building Emotional Intelligence Download Online EBook Linda Lantieri & Daniel Goleman Download Ebooks [EN] PDF, EPub, Mobi



Building Emotional Intelligence Download Online eBook Linda Lantieri & Daniel Goleman Free eBook PDF/ePub/Mobi/Mp3/Txt, The ebook does not contain the audio component included in the original printed edition.

What's the most important piece of your child's educational experience? If you think it's math, science, or reading, you might be overlooking an element that is fast becoming essential in today's stressful world: the capacity known as "inner resilience."

In *Building Emotional Intelligence*, pioneering educator Linda Lantieri joins forces with renowned psychologist Daniel Goleman to help children respond to and rebound from the challenges unique to the 21st century. How? Through a breakthrough, step-by-step guide that teaches children how to quiet their minds, calm their bodies, and manage their emotions more skillfully.

Now available to the public for the first time, here are Linda Lantieri's proven techniques for increasing self-esteem, improving concentration and awareness, and enhancing empathy and communication.

Building Emotional Intelligence invites you and the children in your care to explore:

- Relaxing the Body and Focusing the Mind, two fundamental techniques for thriving in our unpredictable and distraction-filled environments
- How to foster the five basic competencies that make up emotional intelligence
- Bringing groundedness, confidence, and curiosity to all our daily experiences

"A heightened self-awareness, better ability to manage distressing emotions, increased sensitivity to how others feel, and the capacity to manage relationships well are vital throughout life. But the foundation is laid in childhood," says Daniel Goleman in his introduction. With *Building Emotional Intelligence*, parents, teachers, and caregivers have the tools necessary to promote these invaluable skills in the children they raise.

Winner of the 2009 Nautilus Award

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