

Maximize Your
**Emotional
Intelligence**
To Master Your Thoughts



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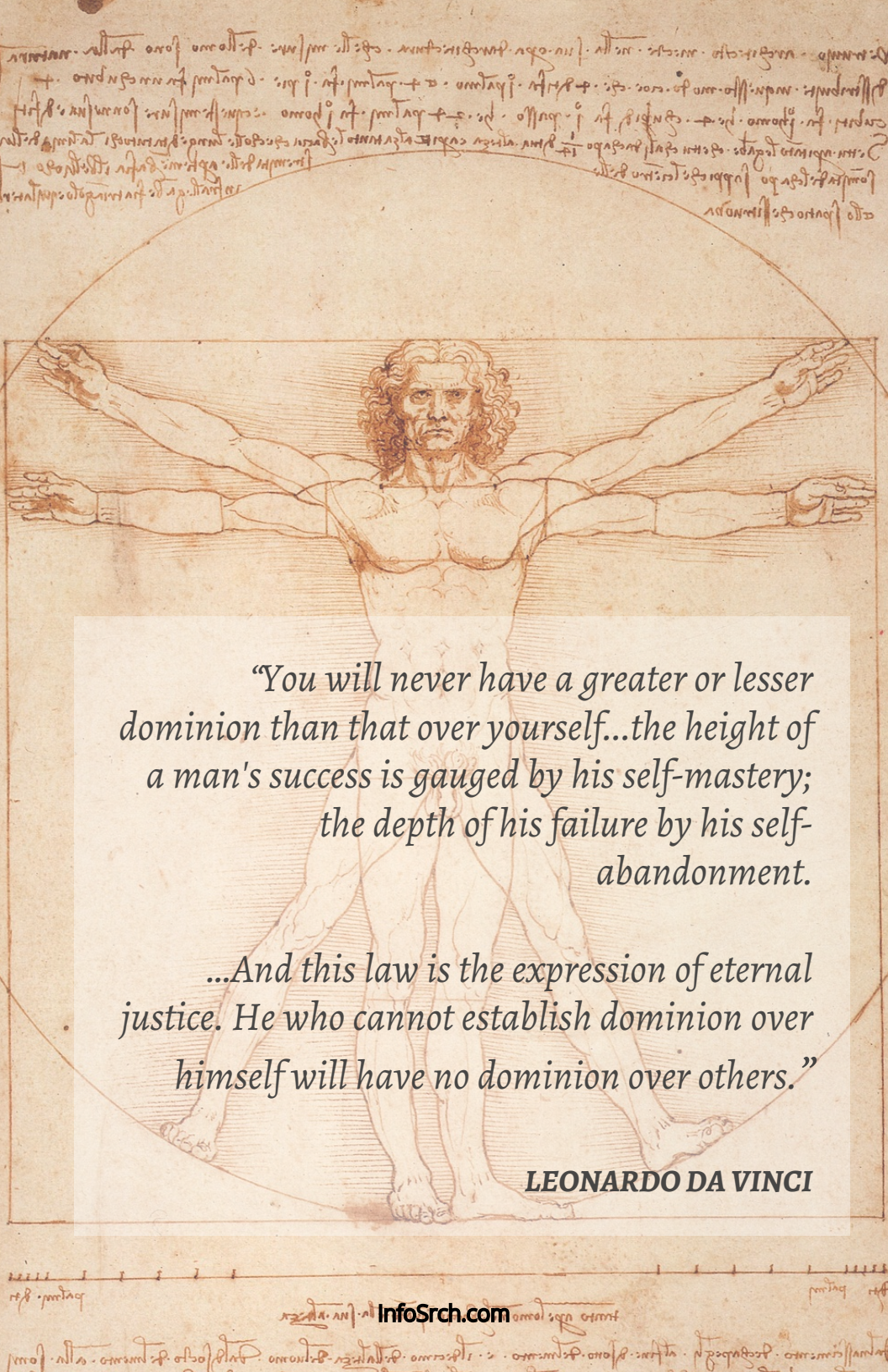
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*"You will never have a greater or lesser
dominion than that over yourself...the height of
a man's success is gauged by his self-mastery;
the depth of his failure by his self-
abandonment.*

*...And this law is the expression of eternal
justice. He who cannot establish dominion over
himself will have no dominion over others."*

LEONARDO DA VINCI

Introduction

A ccording to Wikipedia, emotional intelligence is “the capability of individuals to recognize their own emotions and those of others, discern between different feelings and label them appropriately, use emotional information to guide thinking and behavior, and manage and/or adjust emotions to adapt to environments or achieve one's goals.”

You probably know someone that is highly intelligent from an intellectual standpoint but struggles with life. This is often a person with low emotional intelligence. Just because you're smart doesn't mean you can make your way through the world successfully.

Those with high levels of emotional intelligence also have control over their thoughts and emotions. They both go hand-in-hand. This makes it obvious why emotionally intelligent people are usually

quite successful. They get along well with others and have mastery over themselves.

By boosting the right components of emotional intelligence, you can gain mastery over your thoughts and emotions.

Consider these topics as a way to learn more about yourself and your options for enhancing your mastery over your thoughts and emotions:

1. **Chapter 1: What Having High Emotional Intelligence Can Do for You.** There are numerous advantages you'll enjoy from increasing your emotional intelligence. Find out how important emotional intelligence is to success and fulfillment.
2. **Chapter 2: The 5 Components of Emotional Intelligence.** Most experts agree there are five primary pieces to the emotional intelligence puzzle. See which of these matter if you want to

master your thoughts and emotions.

3. **Chapter 3: How to Master Self-Awareness.** You're not nearly as self-aware as you think. Find out what makes you tick by learning how to pay attention. You might be shocked by what you discover.
4. **Chapter 4: Self-Regulation.** How much control do you have over your thoughts, emotions, and actions? Learn how you can develop more.
5. **Chapter 5: Become a Master of Focus.** Ability to focus is an important skill. If you can't focus, you'll struggle to get anything done. The most successful people have a highly developed ability to focus their attention for an extended period of time.
6. **Chapter 6: Motivation.** Are you motivated intrinsically or extrinsically? Why does it matter? You'll discover the differences and the relevance.

“We should every night call ourselves to an account:

- * What infirmity have I mastered today?
- * What passions opposed?
- * What temptation resisted?
- * What virtue acquired?

Our vices will abort of themselves if they be brought every day to the shrift.”

LUCIUS ANNAEUS SENECA

