

The Eq Edge

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Executive EQ

Ben's 13th year was when his family fell apart, but his 14th year is when his whole world, or more precisely, the whole world, collapses. He had thought 13 was his unlucky number, the year that Time turned its back on him, but he was wrong; that year, it was he who had turned his back on Time. The following year, the fury of the sun turns back Time for everyone in the world. On PF (Power Failure) Day, a huge electromagnetic surge from the sun destroys the power grids and civilization as we know it. Living in the middle of downtown Kansas City makes survival nearly impossible. Starvation, dehydration, disease, freezing temperatures, and out-of-control fires imperil the desperate population. After facing unimaginable losses, Ben finds hope for the future when he meets Sara, who has endured her own share of agonizing loss. But when a murderous gang threatens to take away everything Ben has left, they flee to a wilderness area of a large city park where they learn to live off the land for survival.

Address Book

There's no mistaking what a great leader does. The real challenge is to know how it's done. Understanding the nuances of putting leadership into action has long been the specialty of Michael Feiner, the former chief people officer at Pepsi-Cola and current management professor at Columbia Graduate School of Business. Now, in this hands-on, plain-speaking, practical guide, Feiner shares his hard-won expertise and gives you detailed solutions to the everyday problems of leadership. "The Feiner Points of Leadership" offers fifty insightful laws covering everything from managing tough bosses and difficult subordinates, to dealing with uncooperative colleagues, to overcoming resistance to corporate change. Based on Feiner's experiences as an aspiring executive, senior leader, and management consultant, "The Feiner Points" shows you that leadership has little to do with grand strategies or personal charisma.

Leadership 2.0

Where To Download The Eq Edge

Emotional intelligence in the classroom matters more now than ever. Raising the bar for EQ in education. Written by Dr. Adam Saenz, a licensed psychologist with years of experience working within school districts, *The EQ Intervention* is an accessible, deep-dive exploration into the critical value of practicing Social and Emotional Learning (SEL) skills in your role as an educator, including stopping violence in schools before it ever starts. Better mental health on campus. Designed as a practical guide for educators and administrators, *The EQ Intervention* includes a research-backed tool called the Educator Assessment of Social and Emotional Learning (EASEL). Using this assessment, measure your own SEL skills or those of your faculty to identify where you can adjust conflict resolution practices in the classroom for a healthier, safer, more self-aware campus. The lessons and tools in this book can help educators thoughtfully address points of conflict among students, between students and teachers, and between teachers and school administration. *The EQ Intervention* includes careful analysis of common issues facing educators in the classroom, such as:

- * Students disrupting class
- * Students facing turbulence or instability at home
- * Intervening in personal conflicts between students
- * Discussing potential learning disabilities or behavioral issues with parents
- * Faculty and administrators with difficult or uncooperative working styles

On Edge

Tall, handsome, and a hard worker, Luke Marshall could have his choice of women. One obstacle stands in his way. He loves his girlfriend deeply. He's ready to commit to spending the rest of their lives together. Luke knows he's not the romantic, talkative type, but he's real and he's honest. One thing is perfectly clear: no one could love her more than he does. A few years ago, beautiful, blue-eyed Jenalyn Thompson was in a serious relationship that went south. She's no longer interested in a long-term commitment, except with her beloved Siberian husky. Jenalyn learned one thing from her failed relationship: guys could say they loved you, but when the going got tough, they didn't always stay the course. She wasn't going through that again. Love and commitment are complicated. Young love, influenced and pressured by the expectations of family and friends, can be smothered before it has the chance to find its way. Standing on the edge of a lifetime, this young couple is about to learn what real love is and that second chances don't always happen. Their lives will be turned upside down in ways that they could never imagine. Ultimately, when they have no control over their circumstances, God will use the most unexpected people and situations to open their eyes to blessings right in front of them. Will they discover the truth that true love has no time limit or will it be too late?

Dry Heat

The darkness is spreading faster than ever. People are no longer having dreams. The Dream Realm is on the verge of collapse and fulfilling everyone's worst nightmares. Will Kleir and her friends be able to stop the darkness and bring the Dream Realm back from the edge of destruction or will the unthinkable happen?

The EQ Edge

Set amid a galaxy spanning society comprising multiple species, this collection of stories sparks with the adventures of space traders, customs agents, and those they associate with. Meet veteran trader captains Tramp Darvon, Hazdon Brenker, and Alluren Beldaras; adventure with customs agents Stormus Rolfel and Jimmed Albanis; and meet Ven Zaran, pilot, captain, and war hero.

The Edge of Destruction

Fifth book in the critically-acclaimed Jon Spicer series, also includes the opening of the sixth novel in the series, Cut Adrift. Reviews 'I'll be downloading more of Chris Simms' books ASAP. I feel like I've found a hidden gem.' (Amazon Reader Review - Pecking Order) Chris Simms has been quietly building one of the best police procedural series in this country. (CATHOLIC HERALD) Pacy, gripping and original storytelling (YORKSHIRE POST) This highly polished study of madness and murder shows how well Simms' talent is maturing. (SHOTS MAGAZINE) A must-read for those who like their crime fiction psychological (DEADLY PLEASURES MAGAZINE) The story's dramatic events are drawn out, gradually building to a page-turning, heart-stopping - and totally unexpected - ending. (THE BOOK PLACE) The novel's high-quality storytelling has an authentic, documentary feel' (CITY LIFE MAGAZINE) Book description It's the phone call DI Jon Spicer has long dreaded - his wild younger brother, Dave, has been found dead: murdered and horribly mutilated. Jon had hoped to steer him away from his drug-fuelled, self-destructive fate, but now must face the fact he failed. Full of anger, Jon heads to the town where Dave's body was discovered, bent on finding the killer. Meanwhile, Dave's young girlfriend, Zoe, is trapped in an inner-city hell. Vulnerable, destitute and now alone, she is being hunted by the vicious criminal Dave owed money to. Arriving in the Peak District, Jon finds a community with plenty to hide. With Zoe's time running out and his own family cracking under the strain, Jon realises the truth of his brother's death lies in two places: a frightened girl trapped somewhere among Manchester's tower-blocks and out on the bleak heights overlooking the secretive rural town. About the Author Chris Simms' acclaimed first novel in the DI Spicer series, KILLING THE BEASTS was selected as a Best Crime book for 2005 by SHOTS magazine. He was then selected as a Waterstone's Author for the Future, one of 25 writers tipped by publishers, editors and agents, to produce the most impressive body of work over the next quarter century. Since then he has been nominated several times for the THEAKSTON'S CRIME NOVEL OF THE YEAR and for CRIME WRITERS' ASSOCIATION DAGGERS. Chris lives in Manchester. Find out more on his official web site, www.chrissimms.info or, for regular postings, see his Facebook page at www.facebook.com/AuthorChrisSimms

Digital Systems And Microprocessor

"Finally, a resource.guideroadmap.to help team members and team leaders alike understand what it takes to function as a high performing team, how doing so can personally enrich your life, and why it's critical for organizations to function only in this way. The Emotionally Intelligent Team connects the dots between the task at hand, achieving and making a difference, and personal happiness. Imagine where humankind would be if every entity on the planet operated within a series of high performing teams. Marcia Hughes and James Terrell show us that it's possible!"
—Suzanne Kirk, SVP, Branch Service Center, Bank of the West "We value teams at

Where To Download The Eq Edge

Medtronic so we know that this book will be a powerful tool in understanding and developing successful team behaviors!" —Michael Mihalczko, District Manager, Walter Cooper, District Manager, Medtronic CRDM "Marcia Hughes' and James Terrell's latest book, *The Emotionally Intelligent Team*, is a 'must read' for every school district, business and organization that wants to ensure high functioning and productive teams. Based on solid research, this easy-to-read book describes the seven social emotional skills necessary for effective teams, and includes practical strategies any team leader can use to develop and maintain an emotionally intelligent team. Marcia's and James' book has been of tremendous value to the work of the senior administrative team in our school district!" —Linda Fabi, Director of Education, Waterloo Region District School Board "Marcia and James provide a good lens for the way people view others in a team environment. This insight, when combined with measuring one's own EQ through a test such as the Emotional Quotient inventory (EQ-i ®), provides a powerful lever for improving team performance." —Steven J. Stein, Ph.D., Founder and CEO of MHS, Co-author of the best seller *The EQ Edge: Emotional Intelligence and Your Success* and author of *Make Your Workplace Great: The 7 Keys to an Emotionally Intelligent Organization* "Discovering ways to strengthen teams in an organization can lead to impressive improvement in morale, engagement, productivity, and results. The *Emotionally Intelligent Team* will help any team take practical steps toward greater collaboration and effectiveness." —Brian Twillman, EPA Training Officer & Organization Development Specialist, Lead Author EPA's *Team Leader Resource Guide* US EPA - Office of Executive Services, Office of the Administrator "The most important issue in our networked world is teamwork across levels and boundaries. This masterful work offers a completely new perspective, bringing the power of emotional and social intelligence through engaging insights, exercises and stories to high performance teamwork - creating the opportunity for potentially extraordinary results that are seamless, dynamic, and productive." —Eileen Rogers, Global Director, Leadership Excellence Programs, Deloitte In this compelling book, authors Marcia Hughes and James Terrell offer practical information and a guide for businesses that want to draw on the power of the emotional competencies of their teams. They reveal how individuals, team members, and leaders can take the steps to become more emotionally intelligent team (ESI) members and show how to put in place the practices and exercises that will help any team grow in emotional intelligence. The book outlines the seven emotional competencies of teams.

Dyslexia's Competitive Edge

The Student EQ Edge Student Set

Managing Projects offers a hands-on resource for building practical competencies for anyone who must manage one or more small- to mid-size projects. The book is filled with targeted processes, tools, techniques, and influencing skills that address the more difficult "people" side of project management. The author shows how to: influence stakeholders 360 degrees around you; encourage accountability from others who do not work for you and have plenty of projects to juggle without adding your priority; negotiate time, cost, quality, and scope with executives; and courageously tell the truth and get the help you need early enough. Praise for

Managing Projects "No one knows more about project management than Lou Russell. Her easy coaching style paired with specific methods makes this book a real winner. This is one book all leaders, managers, supervisors, and project leads will use as their essential 'go to' resource."—Elaine Biech, ebb associates inc.; bestselling author, The Business of Consulting "Lou Russell has done it again! Managing Projects is comprehensive, practical, and easy to understand and apply to your projects, big or small. The book gives helpful tips and definitions that will enable the reader to move through the project management process with ease. Thanks, Lou, for creating such a great resource." —Amy L. Dinning, manager of Leadership and Talent Development, Saint-Gobain North America "Managing Projects is more than a book. It is a workshop between the covers, with one of the finest learning facilitators as your guide. If you find yourself dealing with projects in your work (and whether you know it or not, this is you), using the techniques in this book will make you less stressed and more successful." —Kevin Eikenberry, bestselling author, Remarkable Leadership "As the leader of an international logistics company, I know how critical project management is to meeting the needs of our customers. To hit their due dates we have to hit our own, with no excuses. Lou's practical approach to project management fits well into our time-constrained, date-focused workplace. It's simple, it's real, and it works." —Cathy Langham, CEO, Langham Logistics

The EQ Leader

Almost everyone is familiar with IQ, or "Intelligence Quotient", a measurement of intelligence arrived at by tests of reasoning and comprehension. A little less well-known is EQ, which refers to emotional intelligence. We know what emotions are--happiness, sadness, fear, anger, boredom, surprise--but what, specifically, is the meaning of emotional intelligence? Simply put, emotional intelligence is the ability to perceive, understand, express and control emotions. At the most basic level, perception: being "in touch" with your emotions, as well as the emotions of others. When you feel bad, do you know specifically what you are feeling? Is it anger, fear, anxiety, sadness, or just boredom? How accurately you can evaluate your feelings is a measure of emotional intelligence. Another important component is how well you can correctly identify the emotions of others. Most of us tend to do this subconsciously, through the observation of facial expressions, body language, and vocal tone, as well as consciously, by listening to what others say (however, if those to whom you are listening are not well in touch with their own emotions, or have a reason to be duplicitous about how they are feeling, it's best to go with the non-verbal cues).

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The Feiner Points of Leadership

She's human. He's not. For the most part. We're pretty sure. Maybe a little humanhumanoid at least. George isn't her real name. Bob isn't his. When fate intervenes on the loop in Lubbock, Texas, nothing will be the same for George again. Her fantasies of a fairy tale adventure come true. Except for the part with the monsters. And the jail time. And the absolute vomit inducing terror of creating an online dating profile.

The Emotional Intelligence Quick Book

Emotional intelligence, more than IQ and technical know-how, gives a valuable competitive edge to organizations and is crucial to the success of individuals. Used to its full advantage, emotional intelligence can improve relationships with vital business contacts to achieve your desired outcomes, help you perform better at interview and job applications and improve your decision making on a day to day basis. By applying the principles of emotional intelligence to the working environment and describing familiar situations in jargon-free language, Understanding Emotional Intelligence will show you how to negotiate more effectively, develop leadership skills, develop an emotionally aware organisation, use EQ as a management strategy, manage relationships with colleagues and develop your self-confidence. Featuring ten traits of emotionally intelligent people and including advice on social networking and communication, Understanding Emotional Intelligence provides clear and realistic guidance in a common sense way, helping you to make radical changes in the way you approach people, life and work.

Emotional Intelligence For Dummies

Sharing discoveries from a groundbreaking study that separated the leadership skills that get results from those that are inconsequential or harmful, Leadership 2.0 introduces a new paradigm of leadership. A passcode provides online access to the self-assessment edition of the bestselling 360° Refined™ leadership test. 360° Refined™ will show you where your leadership skills stand today and what you can do to begin maximizing them immediately. Your test results will: - Reveal your scores for all 22 core and adaptive leadership skills. - Reveal the specific behaviors responsible for your scores. - Pinpoint which of the book's 100+ leadership strategies will increase your leadership skills the most. In today's fast-paced world of competitive workplaces and turbulent economic conditions, each of us is searching for effective tools that can help us adapt and strike out ahead of the pack. Leadership 2.0 delivers a step-by-step program for increasing 22 core and adaptive leadership skills. Core leadership skills (those that get people into leadership positions) will sharpen your saw, and adaptive leadership skills (those that set great leaders apart) will make you into the leader you've always wanted to be.

Drifting Over the Edge - 88 Poems

"The Student EQ Edge is more relevant today than any other time in the history of our world. Our opportunity to succeed in the 21st century will depend a great deal on our emotional intelligence in our transformation to lifelong learning and

our leadership ability. This book is the competitive edge."—Stedman Graham, best-selling author, speaker, entrepreneur "We have been long aware that academic ability does not necessarily predict college success. This book provides a comprehensive look at emotional intelligence and the role it plays in student persistence. It takes these noncognitive aspects that we know really matter and puts them into a practical, user-friendly guide. This book is long overdue in higher education."—Catherine Andersen, master trainer in emotional intelligence; professor and special assistant to the provost for student success, Gallaudet University "As important as book learning is, we know that success in life is also dependent upon emotional intelligence. The authors of The Student EQ Edge define emotional intelligence and provide a road map for mastering emotional intelligence skills. I would highly recommend The Student EQ Edge to any high school or college student interested in knowing what it takes to be truly successful both inside and outside the classroom." —Brad Beacham, executive director, Sigma Nu Fraternity, Inc. "The Student EQ Edge is substantive, readable, and sure to appeal to students both in classes as well as those who are lucky to pick it up for personal development reading. The book is appealing because the research is understandable; numerous examples are integrated throughout, and readers are encouraged to apply what they are reading." —Dennis Roberts, assistant vice president for faculty and student services for the Qatar Foundation

EQ Genius

Starting a business? Decided to become an entrepreneur? You are in luck. The Entrepreneur's Edge has everything you need to build the world's greatest business. It is easy to read and provides everything you need to be successful. Whether you're an aspiring entrepreneur or experienced professional, the Entrepreneur's Edge will help you achieve your goals.

Entrepreneur's Edge

Dry Heat is the debut novel by indie author Steven Eggleton. A dirty, angry, and often painfully funny read, Dry Heat explores the angst and confusion people in their early twenties frequently feel. Written in Eggleton's skeptical, sardonic, and bluntly frank narrative voice, the book chronicles a little over a year in the life of Vincent Vasquez, a disillusioned grocery-store clerk living in Tucson, Arizona. Chiefly concerned with escaping the drudgery of work, social equality, and the pursuit of sex; Dry Heat is a visceral and raw novel that's sure to leave an impression.

The Student EQ Edge

THE STUDENT EQ EDGE Facilitation and Activity Guide This Facilitation and Activity Guide is a companion to the book The Student EQ Edge: Emotional Intelligence and Your Academic and Personal Success. It offers faculty and facilitators a hands-on resource for helping students reach their potential by tapping into the power of emotional intelligence. The Facilitation Guide includes exercises and activities which are designed to help students develop confidence, independence, the ability

to set and meet goals, impulse control, social responsibility, problem-solving skills, stress tolerance, and much more—all of which help improve academic success. The Guide also contains a wealth of illustrative case studies, questions for student reflection, movie selections and TV shows that illustrate emotional intelligence, and a self-development plan. "The single best resource on emotional intelligence in student affairs, *The Student EQ Edge: Student Workbook and Facilitation and Activity Guide* are well organized, creative, and offer everything an emotional intelligence facilitator would need in a fast-paced student affairs environment. The examples are soundly constructed and resonate with students. These materials are my go-to resources."—Candice Johnston, associate director of student leadership and organizations, Wake Forest University "If I were building a new course to improve student success, it would be founded on emotional intelligence. All the instruction in the world on 'study skills' cannot touch the advantages that come to students who are able to manage their emotional intelligence. And the best news of all is that these skills can be taught. EQ skills make the difference." —Randy L. Swing, executive director, Association for Institutional Research "This *Facilitation and Activity Guide* is particularly useful, offering options from which the facilitator can draw in preparing assignments or learning community meetings. The focus on learners' needs, and particularly an authentic exploration of self and purpose, is practical yet has the potential to draw students to a deeper understanding of self that will draw them to high performance and contribution to others."—Dennis Roberts, assistant vice president for faculty and student services for the Qatar Foundation

Emotional Intelligence in Business

THE STUDENT EQEDGE STUDENT WORKBOOK The Student Workbook is a companion to the book *The Student EQ Edge: Emotional Intelligence and Your Academic and Personal Success*. The Workbook offers you a hands-on resource for gaining a clearer understanding of emotional intelligence and is filled with practical exercises for developing your emotional intelligence. Filled with case studies, self-assessments, activities around movie and television clips, and reflection and discussion questions, the Student Workbook will give you the skills and confidence you need in order to succeed in college and beyond. "Success in college is not just a matter of luck nor is it all about being the smartest person in class. The way you approach college matters. The great news in this book is that you can learn how to be successful in college and in your life beyond college."—Randy L. Swing, executive director, Association for Institutional Research "We have been long aware that academic ability does not necessarily predict college success. This book provides a comprehensive look at emotional intelligence and the role it plays in student persistence. It takes these noncognitive aspects that we know really matter and puts them into a practical, user-friendly guide. This book is long overdue in higher education."—Catherine Andersen, master trainer in emotional intelligence; professor and special assistant to the provost for student success, Gallaudet University

Emotional Intelligence Skills Assessment (EISA) Self

The imaginary world is just as Josiah Jones left it, but it's all about to change. Events surrounding the death of an agent have compelled Josiah and Tom to find

the RED Agency's new headquarters, but things are more than they seem. A mysterious third party interferes, and no one knows whose side they could be on. The second installment of the Adventures of Josiah Jones is more exciting, more action-packed, and even more intriguing than the first.

Edge of God

An accessible, how-to guide that brings focus to the unique skills that comprise emotional intelligence and incorporate these tools into your life. **EMOTIONAL INTELLIGENCE: THE #1 PREDICTOR OF PROFESSIONAL SUCCESS AND PERSONAL EXCELLENCE** In today's fast-paced world of competitive workplaces and chaotic personal lives, each of us is searching for effective tools that can make our schedules, behaviors, and relationships more manageable. The Emotional Intelligence Quickbook shows us how understanding and utilizing emotional intelligence can be the key to exceeding our goals and achieving our fullest potential. Authors Bradberry and Greaves use their years of experience as emotional intelligence researchers, consultants, and speakers to revitalize our current understanding of emotional intelligence. They have combined their latest research on emotional intelligence with a quick, easy-to-use format and cut-to-the-chase information to demonstrate how this other kind of "smart" helps us to decrease our stress, increase our productivity, understand our emotions as they happen, and interact positively with those around us. The Emotional Intelligence Quickbook brings this concept to light in a way that has not been done before -- making EQ practical and easy to apply in every aspect of our daily lives. The Quickbook will help you to: -Engage the four unique areas of EQ: self-awareness, self-management, social awareness, and relationship management -Increase your EQ through the use of these skill-building techniques -Apply your EQ at work to develop leadership skills and improve teamwork, making you a better manager and a more desirable employee -Practice your EQ outside the office environment to benefit your relationships with loved ones, making you a better partner and parent -Access the link between your EQ and your physical well-being to improve your overall health -Measure your current EQ through access to the authors' bestselling online Emotional Intelligence Appraisal

Emotional Intelligence For Dummies

Canadian poet Bob MacKenzie lives in a world of sharp contrasts mediated by shades of grey. In this world, there exists a fault line between the everyday in which most of us live and the fantastic, a dark place of dream, vision, and possibility where there's danger around every corner. Here exists that dark hole into which some of us sometimes falls, that place from which we fear we may never exist. Here is that place where those who feel unsafe and unprotected: the abused, the battered, the unwanted and used. In our world must finally go to hide. Not everyone who reaches this point can see the light that will guide him or her out again to safety. MacKenzie straddles the schism with one foot on each side, hanging on to the light and warily anticipating the encroaching dark. His poetry speaks of the darkness beyond and its dangers. His poetry speaks of those who escape to the dark for safety but fall in and become lost. But there is optimism in his poetry, which always speaks of the light, a light that is always present and can be found by one who doesn't give up hope and can be used to show the way home.

In the very darkness of Bob Mackenzie's poetry, there is always hope.

The Student EQ Edge

Iyemo's life is falling apart. She tries to move to another planet, hundreds of light-years away, only to watch her problems follow her. Broken, disillusioned, and on the edge of collapse, a chance encounter with a mysterious foreigner plants the seeds of redemption, leading her to discover love and forgiveness, to discover God, and ultimately, to discover who she truly is.

Edge of Ridiculous

Co-published with SHRM. Emotional Intelligence (EI) is a strong indicator of individual, team, and organizational success. But stocking up on emotionally intelligent employees isn't enough: you need a concrete plan for putting this valuable resource to work. The EQ Difference offers an array of self-assessment tools and team-focused exercises that will help increase and leverage emotional intelligence both in individuals and in groups. It's filled with practical tips and suggestions for developing your own "emotional quotient," as well as that of your peers, employees, and even senior executives. Featuring real workplace examples, Letters to Leaders, and excerpts from actual performance reviews that show the positive impact of EI in a variety of environments, The EQ Difference will help your organization achieve greater productivity, higher morale, and better employee retention -- all keys to stronger bottom line results.

Emotional Intelligence Appraisal

The third volume in the Edges cycle hints at alternate timelines and opens on different perspectives. A young doctor makes a series of investigations. A girl who has had a horrifying experience disappears. And familiar characters continue their explorations of a world where nothing is quite what it seems.

The Student EQ Edge

"Dyslexia's Competitive Edge is a book for every dyslexic entrepreneur, business owner, and professional. Tiffany's book is full of strategies and insight, but most important she showcases the value of dyslexia and how it is a competitive advantage." Skip Howard, Managing Director of Dallas Partners, Entrepreneur, and Inventor DYSLEXIA'S COMPETITIVE EDGE discusses how dyslexics can use their strengths to launch businesses, grow their companies, or accelerate their careers. The book includes personal stories, insights, and strategies from fellow dyslexics and non-dyslexics on how to use the dyslexic brain as a competitive edge. Tiffany offers advice on how to successfully manage difficulties that dyslexia can present such as having a response plan for when a dyslexic's word retrieval system misfires. As a dyslexic business owner, Tiffany writes from experience. She wrote a book she wished was available earlier in her career on how to use the dyslexic brain as an asset. Tiffany provides readers with an extensive resource section at the back of the book. As technology rapidly advances many of the talents dyslexics possess, such as creative, visionary, and outside-the-box thinking, will increase in

demand exponentially.

Terminal Velocity

Being aware of and in control of your emotions is one of the keys to success in life -- both professionally and personally. Emotional Intelligence For Dummies will show you how to take control of your emotions rather than letting your emotions control you! Discover how developing your emotional intelligence can further your relationships with others, in the workplace and at home. Emotional awareness is also a critical skill for career success, and Dr. Stein provides practical exercises for developing this skill and achieving your professional and personal goals. He also provides valuable insights into how emotional intelligence can be applied to raising children and teenagers and realizing personal happiness. Full of lively anecdotes and practical advice, Emotional Intelligence For Dummies is the ideal book for anyone who wants to get smart about their feelings and reach the next level at work and at home. Manage your emotions - identify your feelings, determine what beliefs cause negative emotions, and stop self-destructive behaviors Discover the power of empathy - read other people's emotions through facial cues and body language and show them you understand their feelings Thrive at work - find a job that's right for you, overcome hassles and fears, and develop your leadership skills Build and sustain meaningful relationships - discover how to take your partner's emotional temperature and manage emotions to grow closer Raise an emotionally intelligent child - keep your cool with your child, coax shy children out of their shells, and get your child to be less aggressive and defiant

Hardiness

Learn to embrace the 3 C's of psychological hardiness to overcome stress and increase personal growth Life is full of questions. How you answer these questions can determine which path your life takes. Think about how many questions you are faced with every day. It can be overwhelming. From the mundane to the profound, questions help you navigate everything from your daily routine to your career choices and relationships. Sometimes, asking the right question is just as important as the answer: What do you want out of life? Is it financial success? A loving family? Career achievement? Maybe you are coping with a serious illness. Whatever your goal may be, you have undoubtedly encountered barriers that slow your progress. One of the biggest of these barriers is stress. Scientific research has found that your ability to resist the damaging effects of stress—your hardiness—can reduce stress-related illness and strengthen your ability to thrive under pressure. Hardiness, written by respected clinical and research psychologists, will help develop your psychological hardiness which, in turn, enables you to enjoy more of life's rewards. Mastering the 3 C's of hardiness—commitment, control, and challenge—is essential to increasing hardiness and responding effectively to stressful situations. This invaluable guide provides exercises and activities, based on 30 years of research, specifically designed to increase your hardiness in all areas of your personal and professional life. This book will help you: Understand how hardiness is assessed to evaluate and improve your response to stress Unlock your new potential made possible by a better understanding of hardiness Examine real-life examples and case studies of psychological hardiness Increase your engagement in the surrounding world

Capitalize on opportunities for your personal growth **Hardiness: Making Stress Work for You to Achieve Your Life Goals** can help you move toward becoming healthier, more self-actualized, and increasingly satisfied with your life and future.

Recruiting and HIRING CHAMPIONS IN PLAIN ENGLISH

The explosion of research on emotional intelligence (EI) in the past decade has provided increasing evidence that EI can be measured reliably and can be useful in predicting important outcomes, such as managerial effectiveness and relationship quality. Naturally, people are now asking, "So, how does one improve EI?". **Applying Emotional Intelligence** collects the most important programs focused on that idea, and enquires of their originators, "What do you do?", "Why do you do it?", and, "What is the evidence for your approach?". The emphasis of the book is applied, in that it provides and contrasts concrete examples of what we do in our interventions in a wide variety of situations. The chapters present descriptions of programs, including specific activities and exercises that influence emotional knowledge and social effectiveness more generally. While practical in its focus, this book also discusses the theoretical bases for these approaches. These are new programs with outcomes that are now beginning to be studied. The book presents the most important and recent research findings that examine the efficacy of these programs. **Applying Emotional Intelligence** is a "must-read" for anyone interested in EI and its application. This book will be of interest to researchers conducting EI intervention research, as well as a wide variety of practitioners, including those interested in developing EI in organizations, health areas, clinical populations, and school-age settings. Finally, the book is designed to be relevant to the reader's own life, encouraging the reader to consider how the programs and the exercises might impact his or her personality and outlook, as well as contribute to the development of those who have themselves participated in the programs.

Managing Projects

A study positing the position that emotional intelligence can improve any business through the use of such virtues as integrity, trust, and understanding also provide effective techniques for instituting these virtues in a corporate environment.

Edge of Hyperspace

A roadmap to success for tomorrow's leaders **The EQ Leader** provides an evidence-based model for exceptional leadership, and a four-pillar roadmap for real-world practice. Data collected from thousands of the world's best leaders—and their subordinates—reveals the keys to success: authenticity, coaching, insight, and innovation. By incorporating these methods into their everyday workflow, these leaders have propelled their teams to heights great enough to highlight the divide between successful and not-so-successful leadership. This book shows you how to put these key factors to work in your own practice, with clear examples and concrete steps for improving skills and competencies. New data from the author's own research into executive functioning describes the neurological aspects of leadership, and a deep look at the leaders of tomorrow delves into the fundamental differences that set them apart—and fuel their achievement.

Where To Download The Eq Edge

Leadership is changing, both in look and practice; strictly authoritative approaches are quickly losing ground as today's workers discover the power of collaboration and the importance of interpersonal awareness. This book provides step-by-step guidance for leading from within this space, with evidence-based approaches for success. Lead authentically to inspire and motivate others Support employee's needs and nurture development Communicate with purpose, meaning, and vision Foster ingenuity, imagination, and autonomous thinking An organization's success rests on the backs of its leadership. At all levels, true leadership is about much more than management and task distribution—it's about commitment, collaboration, nurturing talent, developing skills, fostering relationships, and so much more. The EQ Leader integrates the essential factors of successful leadership into a concrete blueprint for the future's leaders.

Time Lost

Simple and Elegant Address Book This beautifully designed address book is a classic way to keep track of contact information for everyone in your life. DETAILS: 130 Pages Crisp White Pages with a Thick Cardstock Cover Stylish, Elegant Cover Art Dimensions: 6" x 9" Perfect Bound Lined Spaces For: Name, Email, Phone, Address and Notes

The Emotionally Intelligent Team

REVISED AND UPDAT ED WITH NEW RESEARCH INTO EQ AND PERSONAL AND CAREER SUCCESS What is the formula for success at your job? As a spouse? A parent? A Little League baseball coach or behind the bench of a minor hockey team? What does it take to get ahead? To separate yourself from the competition? To lead a less stressful and happier existence? To be fulfilled in personal and professional pursuits? What is the most important dynamic of your makeup? Is it your A) intelligence quotient? or B) emotional quotient? If you picked "A", you are partly correct. Your intelligence quotient can be a predictor of things such as academic achievement. But your IQ is fixed and unchangeable. The real key to personal and professional growth is your emotional intelligence quotient, which you can nurture and develop by learning more about EQ from the international bestseller *The EQ Edge*. Authors Steven J. Stein and Howard E. Book show you how the dynamic of emotional intelligence works. By understanding EQ, you can build more meaningful relationships, boost your confidence and optimism, and respond to challenges with enthusiasm—all of which are essential ingredients of success. *The EQ Edge* offers fascinating—and sometimes surprising—insights into what it takes to be a top law-enforcement officer, lawyer, school principal, student, doctor, dentist or CEO. You will learn what the top EQ factors are across many different kinds of jobs, from business managers and customer service representatives to HR professionals and public servants. *The EQ Edge* will help you determine which personnel are the right fit for job opportunities and who among your staff are the most promising leaders and drivers of your business. And because all of us have other roles—parent, spouse, caregiver to aging parents, neighbor, friend—*The EQ Edge* also describes how everyone can be more successful in these relationships. "Finally, a practical and usable guide to what emotional intelligence is all about. This book peels the onion on what EQ really is and teaches the reader to assess their own EQ and how to increase it. This is the holy grail for career

success."—Michael Feiner, Professor, Columbia Graduate School of Business and author of *The Feiner Points of Leadership*

Understanding Emotional Intelligence

The Emotional Intelligence Skills Assessment (EISA): Self is your personal instrument to understanding and increasing your emotional intelligence. Developed in partnership with MHS (the same company who brought you the EQ-i), The EISA: Self is a 50-item assessment that measures EI on 5 scales: Perceiving, Managing, Decision Making, Achieving, and Influencing. The EISA: Self will help you better understand how emotional and social skills impact your performance and how you can strengthen your effectiveness by using these skills successfully. It will also help you: Discover the major components of emotional intelligence Recognize the behaviors and characteristics of an emotionally intelligent person Identify areas where you can apply emotional intelligence Evaluate your own emotional strengths and opportunities for growth

Applying Emotional Intelligence

Edges

Includes one copy each of the *The Student EQ Edge* book and *Student Workbook*.

The EQ Difference

This book of poems is intended to uplift readers through sarcasms and in a spirited manner. From birth to death, there is a poem in which everyone can relate. There will be thirteen more poems added and dedicated to my mother upon her passing.

Standing on the Edge

At work - Do you sometimes overreact when the stakes are high? Maybe it's hard for you to understand what effect your decisions have on your team's motivation? Or do react without thinking when a peer surprises with a question you were not prepared for? If so, then keep on reading. According to experts like author Daniel Goleman, Emotional Intelligence contributes to over 80% of business success. You can argue about the exact percentage, but it's common sense that IQ doesn't give any guarantees by itself. Back in the Industrial age, a manager solely relying on his IQ could be successful. But we have entered the Information Age now. Having a high IQ isn't enough anymore to manage modern day knowledge workers and millennials. The higher your Emotional Intelligence the better your results to empower the team. Your team needs a solid and stable manager during this time of constant change. And you can be that manager, simply by applying your Emotional Intelligence. Jeff Bezos (amazon.com) and Warren Buffett (Investor) became billionaires thanks to their high emotional intelligence. A small part of what you will discover in *Emotional Intelligence in Business: How to simplify your internal decision-making process to become more productive* (page 55) How you can manage the emotions of your employees and peers to reach your desired goal

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(page 16) The 3 emotions you want to prevent to avoid in your team (page 16) The 4-week EQ booster program, from EQ student to EQ master in 20 minutes a day (page 84) 9 ways to long-lasting self-motivation, to become your best self (page 63) 7 traps where emotion wins over logic, leading to bad results. And how you can overcome to so logic wins, and you'll reach your desired end goals (page nn) The easy 5 step model you can use to manage and reduce your worries for better leadership (page 58) How to recognize the 7 facial expressions in 1 second so you know exactly what to say in a difficult conversation (page 69) 7 short and simple steps to switch from sympathy to empathy and boost the productivity of your team (page 73) 3 ways to leverage positive emotions in your team even better (page 80) And much, much more. You might think Emotional Intelligence is a trait you're born with. Scientific studies proof, that after only a few hours practicing Emotional Intelligence with 5-year old's, they noticed a significant improvement. It's a skill you can develop and improve in a short amount of time, despite your age. That's why a big part of this book is dedicated to the 4-week EQ booster program, which you can apply in just 20 minutes a day. In this program, written in plain English, you will be guided day-by-day to improve your self-awareness, empathy and your people management skills. Furthermore, Emotional Intelligence in Business, is jampacked with practical business and office place examples. In each scenario you'll be shown common mistakes, and then how to do things the right way. In the modern workplace, the higher your EQ to higher your earning potential. So, if you don't want to miss out on the next promotion round and pay raise, scroll up, click 'add to cart' and begin improving your Emotional Intelligence.

The EQ Intervention

Being aware of and in control of your emotions is one of the keys to success in life -- both professionally and personally. Emotional Intelligence For Dummies will show you how to take control of your emotions rather than letting your emotions control you! Discover how developing your emotional intelligence can further your relationships with others, in the workplace and at home. Emotional awareness is also a critical skill for career success, and Dr. Stein provides practical exercises for developing this skill and achieving your professional and personal goals. He also provides valuable insights into how emotional intelligence can be applied to raising children and teenagers and realizing personal happiness. Full of lively anecdotes and practical advice, Emotional Intelligence For Dummies is the ideal book for anyone who wants to get smart about their feelings and reach the next level at work and at home. Manage your emotions - identify your feelings, determine what beliefs cause negative emotions, and stop self-destructive behaviors Discover the power of empathy - read other people's emotions through facial cues and body language and show them you understand their feelings Thrive at work - find a job that's right for you, overcome hassles and fears, and develop your leadership skills Build and sustain meaningful relationships - discover how to take your partner's emotional temperature and manage emotions to grow closer Raise an emotionally intelligent child - keep your cool with your child, coax shy children out of their shells, and get your child to be less aggressive and defiant

The Edge

"I was blessed to work with BUTCH and see first hand how the approach and

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strategies he discussed WORKS. Butch's tactics are time-tested and have generated results for him for YEARS leading to his SUCCESS in business and in life. Greg Monroe "This practical book puts the spotlight on critical leadership competencies for ultimate SUCCESS. With the art of leadership vanishing this book should be your reference manual to take your leadership effectiveness to the NEXT level. VERY timely Winston Connor, Master Certified Coach COACHING DYNAMICS, INC. "Butch has hit a homerun with this book. It is all about surrounding yourself with the right people. He gives you some EXAMPLES of best practices on leadership, recruiting and hiring. You've got to have champions to WIN. This a must read if you're trying to BUILD a championship team. Marty Schottenheimer "It is not often that you read a How-to book that really grabs you, but "Recruiting and Hiring Champions" by Butch English does just that. His simple, thorough, STEP BY STEP approach to recruiting should be a must read for anyone striving to be the best. I thoroughly enjoyed reading it and I learned some very important lessons from a true "PROFESSIONAL". Jeff Mullins

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