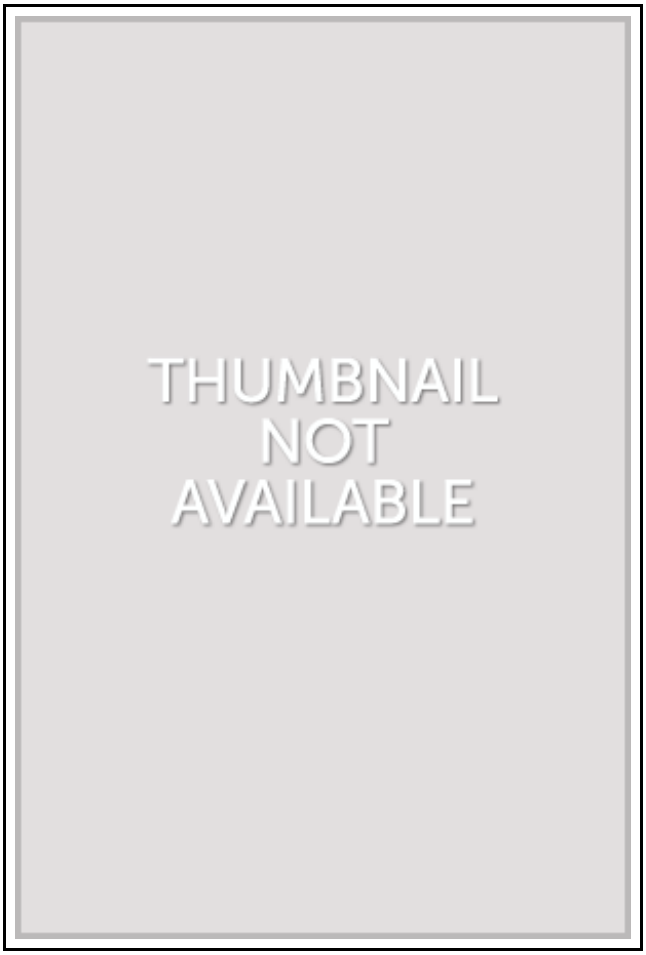
Emotional Literacy: Intelligence with a Heart



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Reviews

Complete guide! Its this kind of very good read through. I really could comprehended almost everything out of this written e publication. Your lifestyle span is going to be transform the instant you complete looking over this book.
(Reilly Keebler IV)

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Personhood Press. Paperback. Book Condition: new. BRAND NEW, Emotional Literacy: Intelligence with a Heart, Claude Steiner, This step-by-step program opens the door to achieving emotional power. Instructions are given on how emotional literacy -- intelligence with a heart -- can be learned through practising specific exercises that foster the awareness of emotion in oneself and others, by increasing capacities to love others and oneself while developing honesty, and by taking responsibility for one's actions. Provided are instructions on how to reverse the dangerous self-destructive emotional patterns that can rule a person's life. This program shows individuals how to open their hearts and minds to honest and effective communication, how to survey the emotional landscape, and ultimately how to take responsibility for their emotional lives.

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