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is the ability to  
understand and  
manage your own  
emotions. People who  
possess this trait also  
have the ability to  
understand and

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women, on average, are more aware of their emotions, show more empathy, and are more adept interpersonally. Men, on the other hand, are more self-confident and optimistic, adapt more easily, and handle stress better.

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(EQ) and emotional intelligence quotient (EIQ), 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 ...

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Goleman, who  
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difference quite often lies in the abilities called here emotional intelligence, which include self- control, zeal and persistence, and the ability to motivate oneself. And these skills, as we shall see, can be taught to children, giving them a better chance to use

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development gurus are  
stressing on emotional  
intelligence for  
harmonious living and  
enjoy completely of  
human being. Even  
intellectuals can't live  
without emotion and  
emotional fulfilment.  
Various people will  
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what it means to be smart.” On his blog ([www.DanielGoleman.info](http://www.DanielGoleman.info)), Goleman admits that he was surprised when the concept of Emotional Intelligence (EI) spread like wildfire after the release of his book in 1995.

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intelligence has  
never been so  
important than ...**

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is the ability to be  
mindful of your own  
emotions as well as

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those of others, so use  
this information to  
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