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Making Sense of Emotion Frank John Ninivaggi

Making Sense of Emotion *Frank John Ninivaggi*

children not shown tools to develop emotional intelligence fail emotionally and socially basic empathy skills are absent in adult life employment and occupational advancement are less likely making sense of emotion grasps the yale integrative emotional intelligence ability model adding key missing elements this book unlocks its potential to trigger emotion performance utilization in real life and real time the epidemic of overusing medications substance use disorders addiction drug overdoses even global doping in sports reflects emotional malaise emotional illiteracy is one underlying cause and demands innovative emotional intelligence written by a psychiatrist this volume supplies literacy tools a vivid action language showing how emotions unfold as personal dramas emotions are our first language the mother tongue infants and children are lived by emotional awareness is refined emotional intelligence this book clearly defines emotions feelings affects moods and the social emotional competencies needed to understand and build emotional awareness skills take shape resulting in unfolding self attunement in real time emotional intelligence is effective emotional performance the missing link between the two is the application of emotion regulation in real life knowledge in the head displayed in skilled everyday behavior innovative ideas in this book explain how to apply this emotional hygiene fitness program to benefit children and adults

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