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Handle with Care is an inspirational guide to an emotionally intelligent state of mind and way of life. This clearly written, detailed account of 24 themes (empathy, optimism, tolerance, resiliency, etc.) each of which will certainly stimulate your curiosity, invites you to contemplate, learn and exercise its resources.

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The foundation for emotional intelligence is naming and understanding feelings, aka: Emotional Literacy. Access the top resources for learning about feelings, and the emotions lists we have available for free download. We've curated fun, accessible videos and articles that put the latest neuroscience of emotion to work for you.

Key Topics in Emotional Intelligence □ Six Seconds

Joshua Freedman, Anabel Jensen, Patricia Freedman, & Marsha Rideout: "Emotional Intelligence is a way of recognizing, understanding, and choosing how we think, feel, and act. It shapes our interactions with others and our understanding of ourselves. It defines how and what we learn; it allows us to set priorities; it determines the majority of our daily actions.

Quotes About Emotional Intelligence

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Emotional intelligence, one of the key approaches to communication in a health care setting, is a fundamental part of communication. Intelligence was often associated with performance in IQ tests but it has recently been discovered that it is only one of the seven types of intelligences in McQueen's study.

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