



# **The Topline Summary of Daniel Goleman's Emotional Intelligence - Why It May Matter More than IQ (Topline Summaries)**

*Brevity Books, Gareth F. Baines, Daniel Goleman*

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The Topline Summary in a Sentence is: having strong emotional intelligence (EQ) are statistically more important to life success than having high IQ.

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Fusing together the worlds of neuroscience and psychology, the book contains deep insight into our "two minds"—the rational and the emotional—and how they together shape our destiny.

In this Topline Summary of Goleman’s super successful book, you will find the five crucial skills of emotional intelligence, and how they determine our success in relationships, work, and even our physical well-being.

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