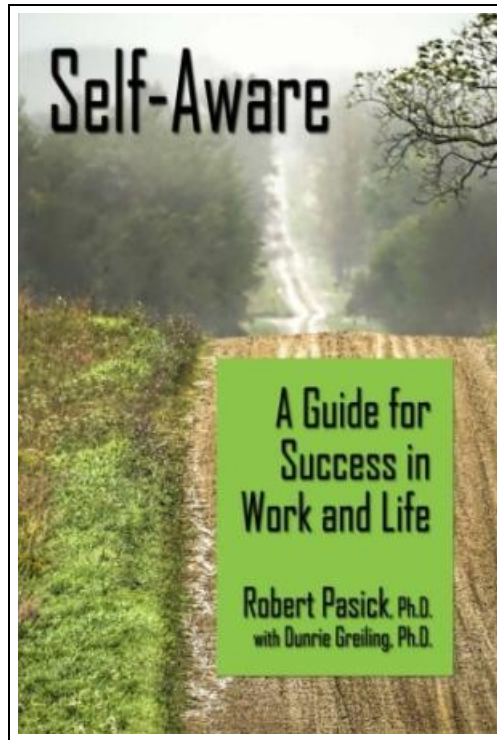


Self-Aware: A Guide for Success in Work and Life



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Reviews

Basically no words to clarify. Of course, it is perform, still an amazing and interesting literature. Its been printed in an exceptionally basic way which is only soon after i finished reading through this ebook where actually altered me, change the way i really believe.
(Newton Runolfsson)

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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 164 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. In over 45 years as a practicing psychologist, social entrepreneur, and professor, I have learned that emotional intelligence is the key to success in work and in life. I also know that becoming more self-aware is the key to developing strong emotional intelligence. I have taught, coached, and counseled people on how to become more self-aware and how to develop their social-emotional competencies. Both activities lead to higher emotional intelligence. This book presents the best practices developed and delivered in my teaching and in my psychology practice. Some of the stories and exercises in this book came from my previous book *Balanced Leadership in Unbalanced Times* (2009). I published some of the stories and exercises as articles on my blog at RobPasick.com. Please visit as I will continue to write there. I wrote this book because not everyone who needs this information is here at the University of Michigan to take my class. While it's nice to have a teacher and coach to help you through the process, you can learn a lot by yourself through reading this book and working on its exercises. If you follow the process, you'll end up with a self-made vision for success in both work and life. Furthermore, you will learn to set goals and develop the support that will enable you to make your dreams come true. How to Use this Book This book reflects the process I use in my coaching and teaching. You will be asked to read, reflect, answer questions, and engage actively in a series of exercises. Some exercises will require the participation of significant people in your life. You will be guided through exercises designed to: Help...

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