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Go Suck a Lemon

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People are not disturbed by things; they are disturbed by their view of things."" Epictetus Emotional intelligence (EI) refers to the ability to perceive, control, and evaluate emotions. Some researchers suggest that emotional intelligence can be learned and strengthened, while others claim it is an inborn characteristic. EI has been defined as, ""the subset of social intelligence that involves the ability to monitor one's own and others' feelings and emotions, to discriminate among them and to use this information to guide one's thinking and actions."" ""Go Suck A Lemon"" hopes to provide readers with methods for improving emotional intelligence by offering cognitive skill building techniques, thereby helping to create a less self-defeating and more enriching experience when experiencing emotion.

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