



What's your Emotional I.Q.: Assess your weaknesses and strengths in your emotions & feelings and groom fuller personality

Aparna Chattopadhyay

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The fascinating 600 psychological Quiz Books/Puzzles/Brain Teasers in this book promise to reveal your Emotional IQ, which would enable you to assess your feelings, capabilities and aptitudes. As you develop self-awareness, you will not only be able to identify the emotional patterns in your life, but will manage them well and will also be able to activate all-round Personality Development. This book enables you to: Generate fresh enthusiasm and ambition in your life. Live more happily and effectively. Build self-confidence and develop inner peace. Enjoy better interpersonal Family and Relationships. Rid yourself of unwanted negative emotions. Protect yourself from stress. Cultivate positive thinking. Trigger creativity. Enjoy better mental and physical health.

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