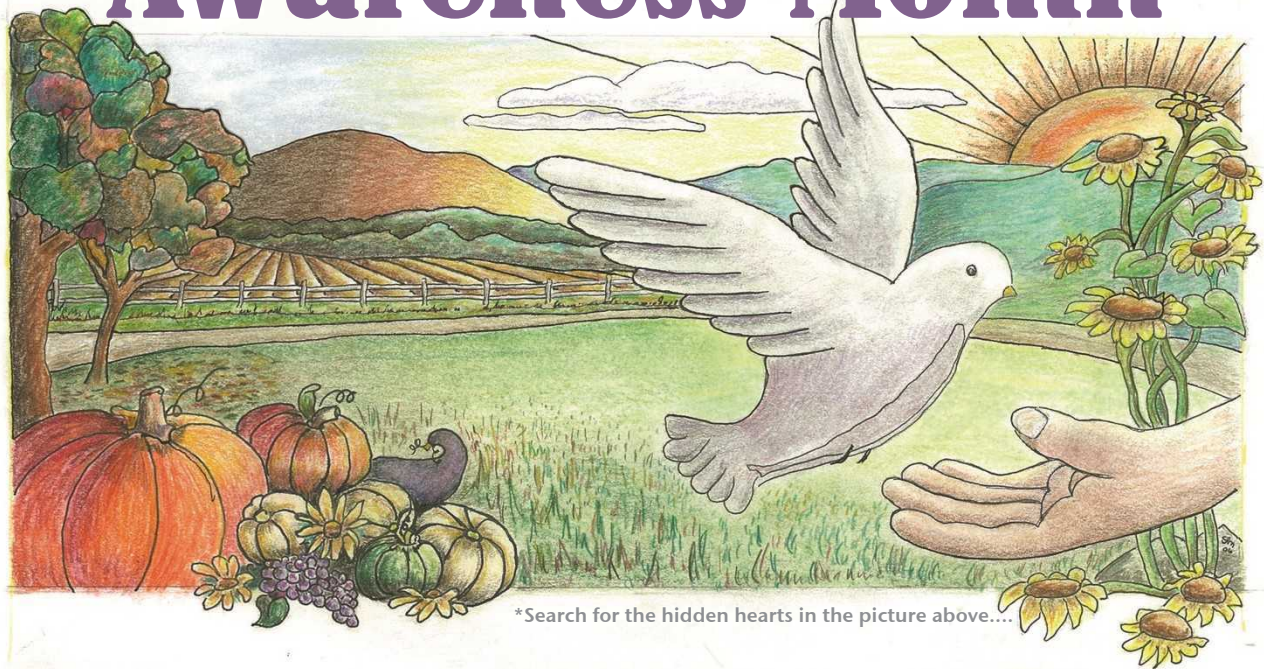


Emotional Intelligence Awareness Month



*Search for the hidden hearts in the picture above....

We too can learn to manage our emotions more intelligently.

Emotions have a great deal of influence on the quality of our thinking and thus, our behavior.

When we improve our EQ, it enhances the most valuable assets we have as individuals—namely our emotional stability, security, overall intelligence, and physical health—as well as our ability to treat other people and other things in healthier, more meaningful ways.

The concept of *emotional intelligence* (EI or EQ) was publicly introduced in 1995 by author/ psychologist Daniel Goleman in his ground breaking book *Emotional Intelligence, Why It Can Matter More Than IQ*. By 2002, it became the most widely read social science book in the world, according to Howard Gardner, Harvard Professor of Psychology. EI describes the ability to understand and manage emotions in order to think and communicate in a more healthful manner.

Emotional Intelligence Awareness Month is a way to bring more attention to this extremely valuable personal development.

As Dr. Stanley Greenspan's book *The Growth of the Mind* tells us, "Intelligence reflects the mind doing its most important work Our definition of intelligence should focus on the general process whereby individuals reason, reflect, and understand the world.... Emotions, not cognitive stimulation, serve as the mind's primary architect."

Learn more by searching for emotional intelligence on the Internet and at your local library/book store.

This EI campaign sponsored by the Emotional Intelligence Institute, a non profit organization dedicated to helping people improve their EQ. Visit us at www.e-ii.org.

*Searching for the hidden hearts is similar to searching for ways our emotions inappropriately influence our thinking. Sometimes we have to look more carefully to see clearly. The quantity and locations of hearts intentionally placed by the artist are at our web site, along with helpful tools to enhance your EQ.

October 2006

2000 - 2010 Named Decade of Behavior by the American Psychological Association.

Please help others become more aware.

Copy and share this with others in "key positions" and add it to bulletin boards, etc. (Where legal, of course)