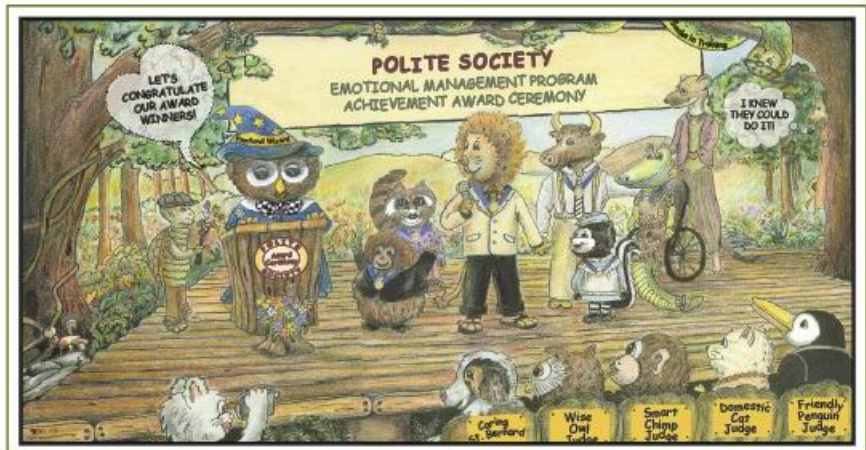


Emotional Intelligence Awareness Month



*Search for picture's hidden hearts. Find the count at e-i.org.

INTELLIGENCE BEYOND NATURE

Yet such a valuable pursuit for us humans!

This imaginary award ceremony depicts wild creatures learning to be less aggressive, mischievous, and destructive. Although such intelligence is hardly imaginable in nature, emotional intelligence (EI) is helping us learn to monitor our minds and manage emotions, better—to think and act in healthier ways. Limited understanding about our minds, emotionally, causes many problems that disrupt the quality of our lives. When we know that what we're feeling, thinking, saying or doing is not healthy and we are able to stop ourselves, we're improving our EQ. EQ is a measurement of how well we are learning to manage our emotions.

By making healthy sense of our feelings inside, it helps improve how we structure our attitudes, motivate ourselves, and qualify healthy behavior. It empowers us in every realm of our lives! Better understanding can reduce everyday frustrations, depression, dysfunctions and half-hearted efforts. In society, we can reduce neglect, abuse, divorce, and other family problems as well as crime, unemployment, accidents, illness, wastefulness, and world-tension. By realizing that the number one consideration of a civilized society is the quality/credibility of behavior, it helps us recognize the importance of furthering such education. Learn more by searching for emotional intelligence on the Internet and at your local library/book store.

This EI awareness campaign is sponsored by the Emotional Intelligence Institute, a non-profit organization dedicated to helping people improve their EQ. For FREE lessons to enhance your EQ, visit us at www.e-ii.org or contact us at P.O. Box 2238, New Springfield, OH 44443.

October 2008

2000 – 2010 Named Decade of Behavior by the American Psychological Association

Please help others become more aware. Copy and share this with those in "key positions" and post where legal.