



# The Brain and Emotional Intelligence: New Insights

*Daniel Goleman*

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## **The Brain and Emotional Intelligence: New Insights** Daniel Goleman

Over the last decade and a half there has been a steady stream of new insights that further illuminate the dynamics of emotional intelligence. In this eBook, Daniel Goleman explains what we now know about the brain basis of emotional intelligence, in clear and simple terms.

This eBook will deepen your understanding of emotional intelligence and enhance your ability for its application. You will learn the most recent brain findings that explain:

- The Big Question being asked, particularly in academic circles: “Is there such an entity as ‘emotional intelligence’ that differs from IQ?”
- The brain’s ethical radar
- The neural dynamics of creativity
- The brain circuitry for drive, persistence, and motivation
- The brain states underlying optimal performance, and how to enhance them
- The social brain: rapport, resonance, and interpersonal chemistry
- Brain 2.0: our brain on the web
- The varieties of empathy and key gender differences
- The dark side: sociopathy at work
- Neural lessons for coaching and enhancing emotional intelligence abilities

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