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- MANAGE OVERWHELMING EMOTIONS
- LEAD WITH YOUR VALUES
- CONNECT WITH OTHERS

**IMPROVE COMMUNICATION AND
BUILD STRONGER RELATIONSHIPS**

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FOREWORD BY ROBYN D. WALSER, PHD

2025 Edition Emotional Intelligence Workbook

**Brigid M. Gillespie, Benjamin
Lockwood, Erin Wakefield, Paula Foran**



2025 Edition Emotional Intelligence Workbook:

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