



Go Suck a Lemon

Michael Cornwall

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People are not disturbed by things; they are disturbed by their view of things." Epictetus Emotional intelligence (EI) refers to the ability to perceive, control, and evaluate emotions. Some researchers suggest that emotional intelligence can be learned and strengthened, while others claim it is an inborn characteristic. EI has been defined as, "the subset of social intelligence that involves the ability to monitor one's own and others' feelings and emotions, to discriminate among them and to use this information to guide one's thinking and actions." "Go Suck A Lemon" hopes to provide readers with methods for improving emotional intelligence by offering cognitive skill building techniques, thereby helping to create a less self-defeating and more enriching experience when experiencing emotion.

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From reader reviews:

Florence Whitney:

Have you spare time to get a day? What do you do when you have a lot more or little spare time? Yeah, you can choose the suitable activity to get spend your time. Any person spent their particular spare time to take a wander, shopping, or went to often the Mall. How about open or even read a book entitled Go Suck a Lemon? Maybe it is for being best activity for you. You realize beside you can spend your time along with your favorite's book, you can smarter than before. Do you agree with it has the opinion or you have other opinion?

Betty Freeman:

Spent a free time for you to be fun activity to perform! A lot of people spent their free time with their family, or their very own friends. Usually they performing activity like watching television, going to beach, or picnic within the park. They actually doing ditto every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Might be reading a book can be option to fill your totally free time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to consider look for book, may be the e-book untitled Go Suck a Lemon can be fine book to read. May be it may be best activity to you.

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