



**Emotional Intelligence Box Set: 25 Tips for
Gaining Control Over Your Emotions and
Becoming a Boss of Your Behaviour & The
Ultimate 7-Day Hypnosis Guide ... Intelligence, self
hypnosis for beginners)**

Joseph Sanchez, Linda Reid

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BOOK #1: Emotional Intelligence: 25 Ultimate Tips for Gaining Control Over Your Emotions and Becoming a Boss of Your Thoughts and Behaviour

Emotional intelligence is a quality that all people have, and something all people can improve. While the standard IQ of a person determines how easily he is able to learn cognitively, a person's EI determines how well he can function and problem solve in a variety of situations. This book will explain what Emotional Intelligence is, and then offer suggestions for improving your own EI to the point where you will have increased control over your own thoughts, emotions, and behavior.

Included in the book are:

- A brief history of the definition and research of emotional intelligence, and the impact of the findings on the fields of education and employment
- A breakdown of the different traits and abilities that form emotional intelligence
- The benefits of improving emotional intelligence, in relationships, at work, and in the community
- A list of 25 tips for improving your emotional intelligence
- Links to online tests that measure emotional intelligence
- A list of resources that can provide further information and guidance on the topic of emotional intelligence

BOOK #2: Self Hypnosis: The Ultimate 7-Day Hypnosis Guide to Finding Your True Self

Have you ever wanted to improve your life with some simple techniques? Have you wanted to take the fate of your life into your own hands and work to change it for the better? Did you know that you could, and it doesn't cost a whole lot? Well, there is a set of therapies that you can use in order to help make your life

better, and you don't need to spend a ton of money on it. Self-hypnosis is one of the new and revolutionary things out there. It can be used to improve your life, for positive suggestion works wonders. You might wonder if this is true. Well, why don't you see for yourself just what it can do for you and the benefits that it can have on your life. Being able to use self-hypnosis effectively can create a drastic change to your life, and you can learn how to make your life better with this simple book. So what are you waiting for? It's time to give your life the help and respect that it deserves.

Here is what you will learn after reading this book:

- What self-hypnosis is?
- How to use self-hypnosis?
- The use of self-hypnosis for different afflictions.
- Tips and tricks to make your self-hypnosis experience that much better.

Getting Your FREE Bonus

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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