



## Emotional Intelligence: Journey to the Centre of Your Self

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By Jane Wharam

John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, Emotional Intelligence: Journey to the Centre of Your Self, Jane Wharam, This is the layperson's guide to emotional intelligence using real, down to earth examples. Approachable style with EQ testing and practical exercises and visualizations to help readers address the way they think emotionally and live a happier, more authentic life.



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