

The Brain And Emotional Intelligence New Insights

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the intelligence, capabilities, insights, and knowledge that we possess. It's like we

are in a life-and-death struggle against a clone. Our disease anticipates our every move. It ...

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Emotional intelligence is often confused with emotional regulation, but the difference is easier to understand when we picture emotional intelligence as a broad concept, and emotional regulation as a smaller subset concept that falls under it. Emotional regulation relates more specifically to understanding the way our body and brain

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connections we need to develop new habits/skills/mindsets within and between the two hemispheres. For individuals, the outcomes of developing a

regular habit of reflective practice can be: An increase in self-awareness, emotional intelligence, the capacity for emotional ...