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## Achieving Emotional Literacy (New edition)

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By Claude Steiner, Paul Perry

Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, Achieving Emotional Literacy (New edition), Claude Steiner, Paul Perry, Emotional literacy is the ability to understand one's own feelings and to empathize with others in a way that enhances living. In this work Steiner shows how emotional intelligence can be developed by following his three stage training programme. Practical exercises and questionnaires are included. First he shows how to open the heart with techniques to break down the barriers which separate us from our feelings. Next he teaches how feelings can be recognized and expressed productively, and how to listen with empathy as others express their emotions. Finally he shows how to take the responsibility by means of defining problems in relationships, accepting our role in them and making meaningful changes. Practical exercises to nurture emotional literacy skills and questionnaires which allow the reader to evaluate their EQ appear throughout, whilst real-life examples are also given.



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