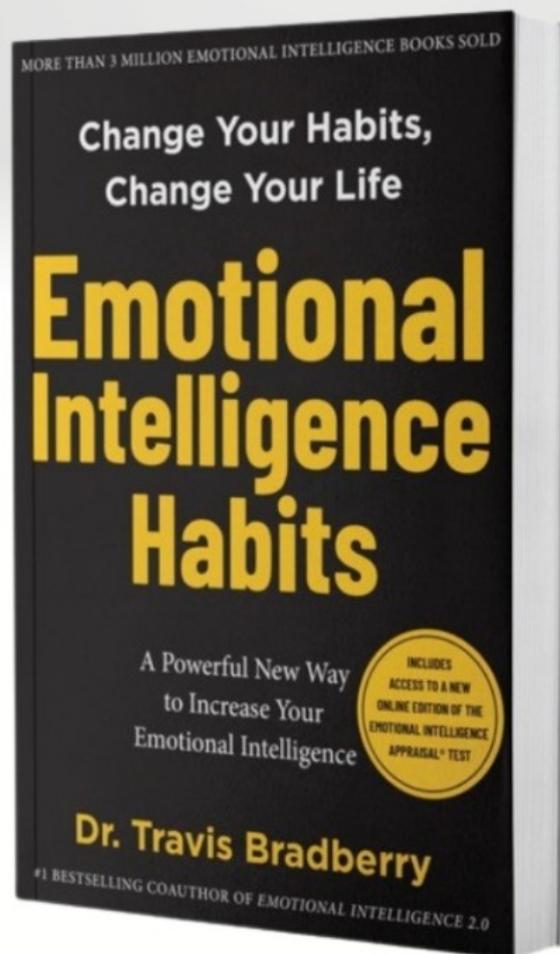


New Book Launch: Emotional Intelligence Habits by Dr. Travis Bradberry

Change Your Habits. Change Your Life.

Change your habits, change your life.



San Diego, California Aug 30, 2023 (Issuewire.com) - TalentSmartEQ, a leading provider of emotional intelligence solutions, is excited to announce the release of "*Emotional Intelligence Habits*," a new book by acclaimed author and co-founder Dr. Travis Bradberry. Following the tremendous success of his best-selling book, "*Emotional Intelligence 2.0*," Bradberry continues to revolutionize the field of emotional intelligence with this highly anticipated new release.

"I'm thrilled to share '*Emotional Intelligence Habits*' with readers who are ready to embark on a transformative journey of personal growth," said Dr. Bradberry. "This book provides practical habits and insights to develop your emotional intelligence and make a positive impact in every aspect of your life. I believe that by cultivating emotional intelligence on a daily basis through micro-habits, individuals can truly unlock their full potential."

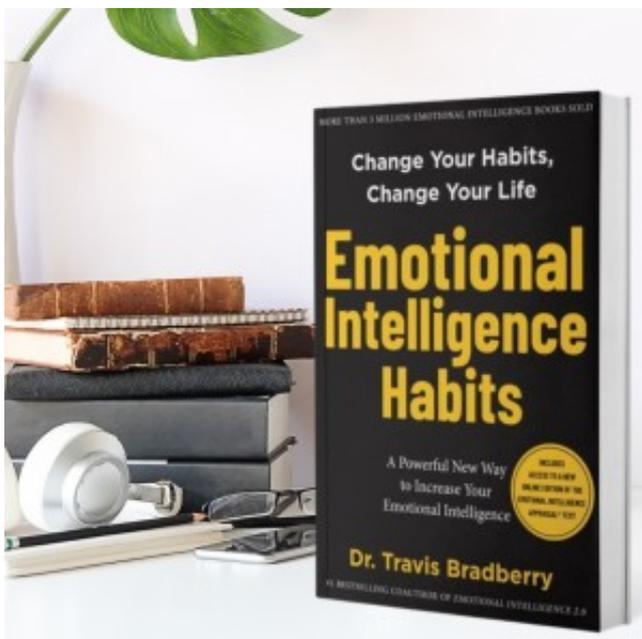
The book is a compelling guide that empowers readers to develop their emotional intelligence and see immediate results—both personally and professionally. Through practical strategies, thought-provoking exercises, and insightful habits, the book provides a roadmap for enhancing communication skills, building stronger relationships, and making more thoughtful decisions. With Bradberry's expertise and passion for emotional intelligence, "*Emotional Intelligence Habits*" promises to be a catalyst for personal growth.

"Emotional intelligence is the key to success in all areas of life. By understanding and managing our emotions, we can navigate challenges, inspire those around us, and lead a more fulfilling life," says Dr. Bradberry. "I truly believe that EQ is the differentiating factor that empowers individuals to thrive."

In addition to the new book, TalentSmartEQ is releasing training solutions to complement the launch. These programs will enable organizations to accelerate their learning and actionable insights to improve employee engagement, collaboration, and productivity.

TalentSmartEQ CEO Howard Farfel added, "We are thrilled to partner with Dr. Travis Bradberry on this powerful new book. We look forward to accelerating the awareness and impact on the personal and professional lives of people around the world."

For more information about TalentSmartEQ's emotional intelligence training solutions, please visit: <https://www.talentsmarteq.com>



Media Contact

Jake Northern

jake.northern@talentsmart.com

8582526366

11526 Sorrento Valley Road, A2

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