

Award-Winning Author Maria Kovar Presents Her New Book

The Ultimate Guide to Emotional Intelligence

PRESS RELEASE



ABOUT THE AUTHOR

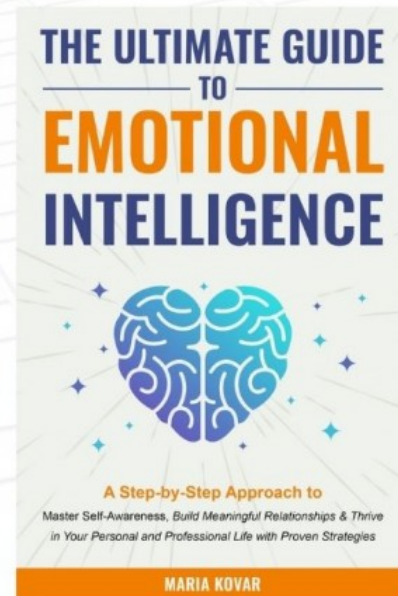
Maria Kovar is an award-winning author, mentor, and therapist with more than 40 years of experience supporting individuals, couples, and groups worldwide. Known for her clarity and warmth, she weaves together psychology, somatic sensitivity, and mindfulness practices to help people reconnect with themselves and build meaningful relationships.

Press release prepared with the support of Wasiu, publishing strategist.

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Award-Winning Author Maria Kovar Presents Her New Book



The Ultimate Guide to Emotional Intelligence: A Step-by-Step Approach to Master Self-Awareness, Build Meaningful Relationships & Thrive in Your Personal and Professional Life

With more than 40 years of experience supporting people in their growth, Maria Kovar has created a practical and accessible guide to emotional intelligence. Through real-life stories, somatic tools, and guided exercises, readers will discover how to:

- Regulate emotions and build inner stability
- Communicate with clarity and compassion at home and at work
- Strengthen resilience in parenting, leadership, and everyday challenges
- Break free from repeating patterns that limit connection and joy

The Ultimate Guide to Emotional Intelligence, by Maria Kovar, is gaining international recognition after receiving the NYC Big Book Award and an Honorable Mention from BooksShelf.

“My clients inspired this book,” says Maria Kovar. “After decades of guiding people through transformation, I wanted to share tools that anyone can use to deepen awareness, strengthen relationships, and live with more presence and courage.”

The Ultimate Guide to Emotional Intelligence is available worldwide on

Amazon: <https://a.co/d/gHlft4>

Learn more at: www.being-awake.com

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Lavumisa, Shiselweni Oct 11, 2025 ([IssueWire.com](https://www.IssueWire.com)) - A Step-by-Step Approach to Master Self-Awareness, Build Meaningful Relationships & Thrive in Your Personal and Professional Life

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