



Brain Training Emotional Intelligence Box - Set! - Ryan Cooper

Ryan Cooper

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BRAIN TRAINING & EMOTIONAL INTELLIGENCE - ONE LOW PRICE!

This "Brain Training" book contains proven steps and strategies to increase mind power through incredible brain training strategies for concentration, mental clarity, mental focus, memory improvement, and much more!

Today only, get this Amazing Amazon book for this incredibly discounted price!

Most people don't realize the incredible power of the human brain and what it is capable of doing. But there is a catch, the brain must be exercised in a specific way for it to coincide and correlate with your desired outcome and how you would like to use it.

In "Brain Training" you will discover key strategies and exercises that will help you change your brain and mold it specifically to think the way you want it to and to accomplish what you want it to.

This book is specifically arranged in chapters that must be followed in chronological order. This is important since specific areas of your intelligence must be improved first in order to produce the best results.

We will be covering topics from simple home exercises to basic Neuro-Linguistic Programming to improve specific mental functions and to obtain clarity on just how your consciousness works.

It's true – there is a way for you to gain complete control and unlock the true power of your mind!

Here Is A Preview Of What You'll Learn...

- The Power Of Brain Training And The Truth Behind Neuroplasticity
- Preparation For Brain Training
- Brain Training Strategies For Unparalleled Concentration
- Memory Improvement And Developing A Photographic Memory With Brain Training
- Stress, Habit-Forming And Brain Training
- Neuro Linguistic Programming For Beginners

This "Emotional Intelligence" book contains proven steps and strategies on how to quickly master your emotions through

emotional intelligence!

Today only, get this Amazing Amazon book for this low price.

Have you ever heard the saying, "Master your emotions, and in turn you will master your life"?

Emotional intelligence is a term that most people don't seem to understand, and this is so unfortunate, because your emotions are the only reality that truly exists. Do you understand how powerful your emotions are? Just to give you an example, emotions can cause you to fall in to the deepest pit of despair or cause you to feel the most exhilarating level of peace, joy, happiness, contentment, success, excitement, motivation, desire, love, and the list goes on and on.

The most amazing thing about emotions and feelings is that if you employ emotional intelligence in your life you can literally pick and choose which emotions you want to feel, and when you want to feel them.

My hope is that these eight chapters will give you a fast track to experiencing emotional intelligence. Emotional intelligence is something that you can actively mold and hone consciously, but I will say it does take some effort on your part. This book will empower you, encourage you, and most importantly direct you to a much deeper understanding of your emotions and feeling, and what they mean.

Here Is A Preview Of What You'll Learn...

- Understand What Emotional Intelligence Is
- Master Your Interpersonal Skills For True Emotional Intelligence
- How To Use Meditation For Greater Emotional Intelligence
- Increasing Your Self Awareness And Self Trust
- Emotional Intelligence As It Relates To Mindfulness
- Developing Communication Skills Through Emotional Intelligence
- How Emotional Intelligence Will Make You More Charismatic
- Emotional Intelligence, Feeling Good, And Self Confidence
- Much, Much More!

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