



**The Gratitude Journal & Emotional Intelligence
Box Set: Great Tips and Suggestions on How to
Keep a Gratitude Journal and Improve Your
Emotional Intelligence ... Intelligence, emotional
self help)**

Emma Smith, William Clark

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BOOK #1: The Gratitude Journal: How to Keep a Gratitude Journal and Experience Great Improvement of Your Life: 10 Useful Tips

We say “thank you” many times a day without actually meaning it. The response has become automatic, expected even, without actually acknowledging the reasons. For American's the dedicated “Thanksgiving Day” has even now become just another holiday to eat to excess and relax without the majority really displaying any thankfulness for the bounty in their lives.

Do you have a warm place to sleep? Food? How about a family or friends that care for you? Rather than being thankful for just having the latest tech there are probably plenty of things in your life that you should be thankful for everyday and don't realize. A gratitude journal is a tangible way of always having a reminder about the things you are thankful for in your life. This book intends on giving you both a lesson in gratitude and the tools to create your own journal. So whenever you feel down, turn a page and remember that maybe life isn't so bad.

Here is what you will learn after reading this book:

- Why living a life of gratitude can make you happier
- The science of gratitude
- How to include gratitude in your life
- How to write a gratitude journal
- Will a journal work for me?
- 10 tips

BOOK #2: Emotional Intelligence: Great Tips and Suggestions on

How to Improve Your Emotional Intelligence and Take Control of Your Life

Emotional Intelligence: Great Tips and Suggestions is a book that examines the history and impact of Emotional Intelligence on our daily lives. Whether it be at home, at work, or as a leadership tool, there are ways to fine tune your Emotional Intelligence to become healthier and to take back control of your emotional life. Emotional Intelligence: Great Tips and Suggestions will explain to you the range of emotions and their relative impact on mental and physical health. The world around us is often chaotic, out of control, and the measure of a human being is whether or not they can show the right emotions at the right time. There is, of course, no discernible rhyme or reason to the standards therein, but rather they are fluid, constantly changing. Emotional Intelligence: Great Tips and Suggestions will walk you through the process of using the correct emotions at the right time and keeping them within the proper boundaries that will improve the quality of your life, rather than confuse and bog down your life. Emotional Intelligence: Great Tips and Suggestions is not a “new age” book wherein the primary exercise is to stare at a blade of grass and become one with it.

This book provides:

- Real time tools to help you take control of literally every aspect of your life through increasing your Emotional Intelligence.
- What Is Emotional Intelligence?
- EQ Professional Application
- EQ Personal Application

Getting Your FREE Bonus

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

Download your copy of "*The Gratitude Journal & Emotional Intelligence Box Set*" by scrolling up and clicking "**Buy Now With 1-Click**" button.

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James Babb:

In this age globalization it is important to someone to acquire information. The information will make anyone to understand the condition of the world. The fitness of the world makes the information simpler to share. You can find a lot of personal references to get information example: internet, paper, book, and soon. You will see that now, a lot of publisher this print many kinds of book. Often the book that recommended for your requirements is The Gratitude Journal & Emotional Intelligence Box Set: Great Tips and Suggestions on How to Keep a Gratitude Journal and Improve Your Emotional Intelligence ... Intelligence, emotional self help) this publication consist a lot of the information in the condition of this world now. This specific book was represented how do the world has grown up. The terminology styles that writer use to explain it is easy to understand. Typically the writer made some study when he makes this book. Here is why this book appropriate all of you.

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