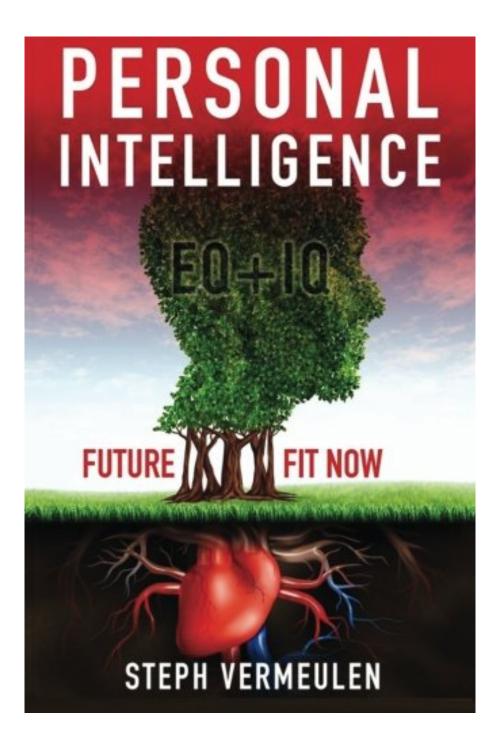


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The Stunning New Manifesto From One Of The Pioneers Of EQ...

Stephanie Vermeulen is one of the leading pioneers in the field of EQ. She is author of the 1999 best-seller EQ: Emotional Intelligence for Everyone and - for the past two decades - has embraced the ground-breaking scientific advances that have matured EQ into the all-encompassing Personal Intelligence. In this new book she successfully cuts through the burgeoning self-help crescendo to deliver a blueprint for reality.

Anything And Everything Is Possible ...

Exponential growth is disrupting everything from the systems that used to run the world to our core beliefs. More than mere 'game-changers', research into brain plasticity is transforming conventional wisdom. We now know that the human mind is a collection of habits, acquired and reinforced over time. Habits can shift and right now they must.

This book prepares you to take advantage of progress and includes an eye-opening self-analysis process that will reveal what's really important to you. Your purpose, which you will decide, will translate into your life's work, or your fit in the future.

Your Personality Is Not Fixed...

Who we think we are is the sum total of beliefs we absorbed via the memes surrounding our development. Memes are simply ideas replicated by our families and societies; social conditioning which may not be right or even true, so it can be changed.

The Hard Truth About Your Emotions...

Feelings provide feedback about our wellbeing; vital guidelines for our happiness and comfort.

- Ignored or unfelt emotions are at the root of all negative patterns in your life, including addictions, timewasting, destructive and self-sabotaging behavior.
- You are not bound by your genetic inheritance. There's very little about our makeup that is automatically transferred via our genes.
- Today's emphasis on self-esteem is fuelling narcissism. Your achievement is not dependent upon you loving you; it's about developing confidence in your abilities.

Debunking Some 'Laws of Attraction'...

Your thoughts do not manifest your reality. No scientific basis exists for the idea that thoughts are 'real forces' able to manifest stuff in your life. Gratitude is a good value to hold but it doesn't shift anything in the universe.

- Being unrealistically positive is as delusional as being grouchy and negative.
- Falling in love has nothing to do with feelings. It's a primordial head-trip; a concoction of hormones and brain chemicals that make you crazy enough to have sex, with anyone.
- Perception is faulty (always); so is memory.
- Passion is not a pre-requisite for achievement. It helps us get out of bed and do more of what we love doing but it doesn't necessarily mean that fame and fortune will follow.

The best mantra for being Future Fit is focus, focus, focus.

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- 234 pages

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2 of 2 people found the following review helpful. Personal Intelligence by Steph Vermeulen

By Avid Reader

This was an enjoyable and informative comprehensive guide towards the study of human behavior, a book that fleshes out the many complications of the brain and its responses to difficult life situations. In this stressful world, Vermeulen provides a great overview of the basics of psychology while also giving some valuable advice toward better understanding of one's own sometimes subconscious reactions to life's challenges. I left this book with a greater concept of my own psychology and the way I react to the world, and feel like I gained some "personal intelligence" along the way. I recommend this book highly for those interested in modern theories of psychology and looking to make positive changes for better self-awareness.

1 of 1 people found the following review helpful.

focus, focus, focus

By Jonny

Personal Intelligence is something i had not heard before. I heard of Emotional Intelligence, Intelligence Quotient, Social Intelligence but not this new Personal Intelligence. This new type of an intelligence is really interesting.

I never been a fan of the law of attraction and wishful thinking, so I can appreciate the attempt to debunk the entire universal wishful thinking delusion. I like how the author is all about focus and smart thinking. There is definitely a shift of thinking with this new science.

The facts about love and emotions are very fascinating. If you're all about smart living then you will enjoy this great book.

Focus, focus, focus.

1 of 1 people found the following review helpful.

An insightful and useful examination of emotional intelligence

By TeddyBear

An insightful and useful examination of emotional intelligence, self esteem and intelligence in general. For anyone that wishes to be a better human being with more productive relationships and careers, this will be very enlightening. Of course, it's all about how one applies these revelations. A certain amount of unbiased self-examination is needed. And a heavy does of honest self awareness. Is that even possible? The author thinks so. And she's very smart so I'm going with HER!

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