



# **Emotional Intelligence 2.0 by Travis Bradberry and Jean Greaves, The Cheat Sheet: Summary of Emotional Intelligence 2.0**

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## Improve your emotional intelligence the easy way!

*Emotional Intelligence 2.0* by Travis Bradberry and Jean Greaves is a skill-based book with a single purpose: to increase your emotional intelligence and thus enhance every single aspect of your life.

*Emotional Intelligence 2.0, The Cheat Sheet* is a quick, easy-to-use reference tool that captures the principles found in *Emotional Intelligence 2.0* and distills them down to a format that makes the content easy to quickly digest and absorb.

Inside, you'll find:

- Quick, to-the-point summaries of the key concepts found in *Emotional Intelligence 2.0*
- Action steps to improve your emotional intelligence quickly and effectively
- Discussion questions
- A review quiz to further cement the main principles in your consciousness

Please note that this summary is intended to be used as a supplement to *Emotional Intelligence 2.0*, rather than as a replacement.

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Tags: Emotional intelligence 2.0, emotional intelligence, emotional intelligence coaching, emotional self help, self improvement, self awareness, relationship management, social awareness, self management

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