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### Come Back To Your Senses Radio Archives Available October 11th 2012:Emotional Intelligence EQ

Emotional intelligence EQ is the ability to identify, use, understand, and manage emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges, and defuse conflict. Emotional intelligence impacts many different aspects of your daily life, such as the way you behave and the way you interact with others. If you have a high emotional intelligence you are able to recognize your own emotional state, the emotional states of others and engage with people in a way that draws them to you. You can use this understanding of emotions to relate better to

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