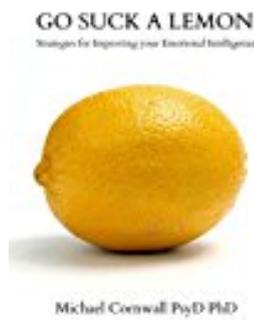


# [PDF] Go Suck A Lemon: Strategies For Improving Your Emotional Intelligence

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#### Books Details:

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#### Description:

**Review** Logical, simple (but not always easy) ideas are presented to help me become more intelligent. I've already started putting some ideas to practice. I have a long way to go, but thank goodness I bought this book on a whim and was made acutely aware of those behaviors I need to focus on adjusting.

Increasing one's emotional intelligence takes practice and patience and the author is great at encouraging the reader to continue their path. This book is a MUST for anyone who continues to believe that others are intentionally "pushing their buttons"! Its a must have addition to a personal growth library!

This book is a wonderful tool for an individual seeking ways to become self-aware of their emotional intelligence! The author has taken several complex strategies and presented them in a way that anyone can understand and implement.

**About the Author** Michael Cornwall, PhD, LPCC, CSW is an author, lecturer, clinical supervisor, educator and a therapist in private practice specializing in emotion intelligence / rational emotive behavior (EI / REBT) therapy. He is the author of *Go Suck a Lemon: Strategies for Improving Your Emotional Intelligence*; *Using Articulated Disputation to Improve REBT Outcomes*; *The Boy in the Pink Coat, Ten Examples of Classical Conditioning*; *Humour and Others Causes of Death*; and *Sound Judgment* - each of which is available on Amazon, Kindle.

Join me on my BLOG at [eitheory.com](http://eitheory.com) and get daily updates on emotional intelligence theory delivered by email.

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