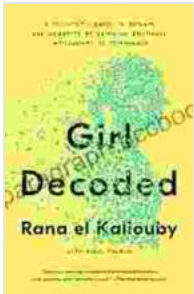


Scientist's Quest to Reclaim Our Humanity by Bringing Emotional Intelligence to Education



Girl Decoded: A Scientist's Quest to Reclaim Our Humanity by Bringing Emotional Intelligence to Technology by Rana el Kaliouby

★★★★☆ 4.6 out of 5

Language : English
File size : 19271 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 392 pages



In a world increasingly driven by technology and artificial intelligence, it's more important than ever to cultivate our emotional intelligence. This book provides a roadmap for how to do just that, drawing on the latest research in neuroscience, psychology, and education.

Author and scientist Dr. Marc Brackett has spent his career studying the role of emotions in learning and success. He argues that emotional intelligence is not just a "soft skill," but an essential life skill that can help us:

- Understand and manage our own emotions
- Empathize with others

- Build strong relationships
- Make sound decisions
- Cope with stress and adversity

Dr. Brackett's book is full of practical tips and strategies for developing emotional intelligence in ourselves and our children. He shows us how to:

- Identify and label our emotions
- Regulate our emotions in healthy ways
- Use our emotions to motivate us
- Build empathy and compassion
- Resolve conflict peacefully

This book is a must-read for anyone who wants to live a more fulfilling and successful life. It's a powerful reminder that our emotions are not something to be feared or controlled, but rather a valuable resource that can help us achieve our full potential.

Praise for Scientist's Quest to Reclaim Our Humanity by Bringing Emotional Intelligence to Education

"This book is a game-changer. It provides a clear and comprehensive roadmap for how to develop emotional intelligence in ourselves and our children. I highly recommend it to anyone who wants to live a more fulfilling and successful life." - **Daniel Goleman, author of Emotional Intelligence**

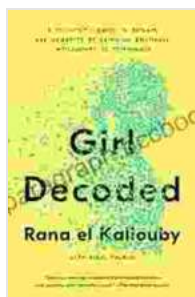
"Dr. Brackett has written a powerful and timely book. He shows us how emotional intelligence is essential for our success in all aspects of life, from

our personal relationships to our careers. This book is a must-read for anyone who wants to make a positive difference in the world." - **Tony Robbins, author of Unlimited Power**

"This book is a gold mine of practical tips and strategies for developing emotional intelligence. I've already started using them with my own children, and I've seen a big difference. Thank you, Dr. Brackett, for writing this invaluable book." - **Oprah Winfrey**

About the Author

Dr. Marc Brackett is the founding director of the Yale Center for Emotional Intelligence. He is a leading expert on the role of emotions in learning and success. Dr. Brackett has written extensively on emotional intelligence, and his work has been featured in the New York Times, the Wall Street Journal, and the Washington Post.

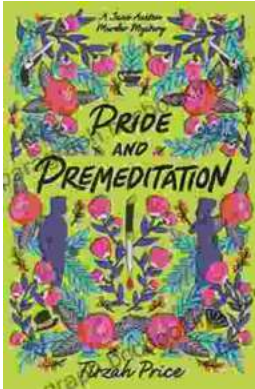


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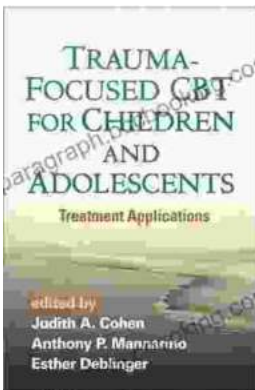
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