



Recommended Books on Emotional Intelligence

- 📖 *Brainstorm: The Power and Purpose of the Teenage Brain* by Daniel J. Siegel, M.D.
- 📖 *Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children* by Daniel Goleman and Linda Lantieri
- 📖 *Emotional Intelligence: Why It Can Matter More Than IQ* by Daniel Goleman
- 📖 *The Emotional Intelligence Quick Book* by Dr. Travis Bradberry, Jean Greaves, and Patrick Lencioni
- 📖 *Emotional Intelligence 2.0* by Dr. Travis Bradberry, Jean Greaves, and Tom Parks
- 📖 *Emotionally Intelligent Parenting: How to Raise a Self-Disciplined, Responsible, Socially Skilled Child* by Dr. Maurice Elias, Dr. Steven Tobias, & Dr. Brian Friedlander
- 📖 *How Children Succeed: Grit, Curiosity, and the Hidden Power of Character* by Paul Tough
- 📖 *How To Talk So Kids Will Listen and Listen So Kids Will Talk* by Adele Faber and Elaine Mazlish
- 📖 *Mindsight: The New Science of Personal Transformation* by Daniel J. Siegel, M.D.
- 📖 *The Mindful Child: How to Help Your Kid Manage Stress and Become Happier, Kinder, and More Compassionate* by Susan K. Greenland
- 📖 *Odd Girl Out: The Hidden Culture of Aggression in Girls* by Rachel Simmons
- 📖 *The Other Kind of Smart: Simple Ways to Boost Your Emotional Intelligence for Greater Personal Effectiveness and Success* by Harry Deutschendorf
- 📖 *Parenting from the Inside Out* by Daniel J. Siegel, M.D.
- 📖 *Primal Leadership: Learning to Lead with Emotional Intelligence* by Daniel Goleman
- 📖 *Queen Bees and Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends, and the New Realities of Girl World* by Rosalind Wiseman
- 📖 *Raising an Emotionally Intelligent Child* by John Gottman, Ph.D.
- 📖 *Raising Cain: Protecting the Emotional Life of Boys* by Dan Kindlon and Michael Thompson
- 📖 *Reclaiming Conversation: The Power of Talk in a Digital Age* by Sherry Turkle
- 📖 *Real Boys: Rescuing Our Sons from the Myths of Boyhood* by William Pollack
- 📖 *Unconditional Parenting* by Alfie Kohn
- 📖 *The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind* by Daniel Siegel, M.D.