

LIST OF VALUABLE RESOURCES

HELPFUL BOOKS

An Inconvenient Truth by Al Gore. Read about environmental concerns we need to address.

Cinema Parenting: Using Movies to Teach Life's Most Important Lessons by Gary Solomon. This book offers a valuable list of movies for kids that teach healthy life lessons.

Coping with Limb Loss by Ellen Winchell, psychological counselor. This may seem like a strange book to suggest, but even though it refers to coping with a particularly devastating situation, the author explains quite poignantly, the behavioral adjustments we ALL need to make while coping with depressing situations.

Emotional Intelligence: Why it can matter more than IQ by Daniel Goleman. This book explains what emotional intelligence is all about.

Emotional Intelligence for Dummies by Steven Stein. Read about simple ways to improve EI.

Growth of the Mind by Stanley I. Greenspan, M.D. This book shares information helpful in understanding the way a youthful mind can grow healthier, emotionally.

My Ego, My Higher Power, and I by Jerry Hirschfield. This book provides helpful ways to distinguish the difference between these three influences.

Reel Therapy: How Movies Inspire You to Overcome Life's Problems by Gary Solomon. This work provides a helpful list of a number of movies that have healing messages.

Social Intelligence: The new science of human relationships by Daniel Goleman. This work reveals healthy ways we can improve our interrelations with others.

Teach Your Children Well by Madeline Levine, PhD. This book provides parents with valuable understanding.

The Art of Conversation by Catherine Blythe. Learn more about the fundamentals of meaningful conversation.

The Five Love Languages by Gary Chapman Editions for Children, Teenagers, Men, Singles, and Married Mates. Each of the five different editions explains the different approaches we should consider when expressing love toward others and the impact created.

The Sociopath Next Door by Martha Stout. This work reveals how so many people are emotionally driven to seek psychological counseling because sociopaths have created havoc in their lives.

30 Days to Taming Your Tongue by Deborah Smith Pegues. This book explains why taking time to screen our thoughts is better than speaking impulsively.

EQ FREE TESTING*

helpself.com/iq-test.htm
queendom.com
youremotionaltype.com
ihhp.com/free-quizzes
goodtherapy.org/emotional-intelligence.html

INTERNET SEARCH BAR EXPLORATION

Emotional growth
Psychology
Healthy Mind Development
Emotional Intelligence
This Emotional Life (YouTube)

INTERESTING AND HELPFUL WEB-SITES

Centerforworkforcehealth.com	A program dedicated to health and wellness in the workplace
Danielgoleman.info	A web-site of the author of <i>Emotional Intelligence: why it can matter more than IQ</i>
DrConversation.com	A web-site full of meaningful conversation ideas
e-ii.org (our program)	A program with emotional intelligence lessons
Emotionalliteracyeducation.com	A group of emotional intelligence courses
Humanext.com	A web-site about the human side of business
Lumosity.com	A program rich in brain exercises to sharpen cognitive skills
Selfgrowth.com	A personal growth directory
apa.org	The American Psychological Association web site
internationalsocietyofei.org	The International Society of Emotional Intelligence web site