

## Book Review Competition 2024-25

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**The Title of the book:** The Manager's Pocket Guide to Emotional Intelligence; **Author:** Emily A Sterrett; **Publication:** HRD Press; **Year:** 2000.

The book aims to help managers and leaders enhance their emotional intelligence (EI) skills for better interpersonal relationships, improved decision-making, and effective workplace management.

Emily Sterrett explores the importance of emotional intelligence in professional settings, focusing on self-awareness, empathy, and relationship management. The book provides practical strategies for recognizing emotions, managing stress, and fostering a positive work culture. Through real-world examples and exercises, Sterrett emphasizes the value of EI in resolving conflicts, boosting productivity, and building trust among team members.

Best Line from the Book is "Emotional intelligence is not about being soft; it's about being smart with your emotions."

The book is concise and practical, offering clear insights into how emotional intelligence impacts workplace dynamics. Sterrett's writing is engaging, with a balanced mix of theoretical concepts and actionable tips. I particularly appreciated the exercises that allowed for self-reflection and skill-building. The real-life scenarios made the concepts relatable, and the emphasis on self-awareness and empathy stood out. Overall, the book provides a fresh perspective on how managing emotions can lead to professional success.

HARD PRESS

THE MANAGER'S POCKET GUIDE TO

# EMOTIONAL INTELLIGENCE



EMILY A. STERRETT, PH.D.