



## Personal Intelligence - EQ + IQ - Future Fit Now: EQ All Grown Up

By Steph Vermeulen



Download



Read Online

Personal Intelligence - EQ + IQ - Future Fit Now: EQ All Grown Up By Steph Vermeulen

### The Stunning New Manifesto From One Of The Pioneers Of EQ...

Stephanie Vermeulen is one of the leading pioneers in the field of EQ. She is author of the 1999 best-seller *EQ: Emotional Intelligence for Everyone* and - for the past two decades - has embraced the ground-breaking scientific advances that have matured EQ into the all-encompassing Personal Intelligence. In this new book she successfully cuts through the burgeoning self-help crescendo to deliver a blueprint for reality.

### Anything And Everything Is Possible...

Exponential growth is disrupting everything from the systems that used to run the world to our core beliefs. More than mere 'game-changers', research into brain plasticity is transforming conventional wisdom. We now know that the human mind is a collection of habits, acquired and reinforced over time. Habits can shift and right now they must.

This book prepares you to take advantage of progress and includes an eye-opening self-analysis process that will reveal what's *really* important to you. Your purpose, which you will decide, will translate into your life's work, or your *fit* in the future.

### Your Personality Is Not Fixed...

Who we *think* we are is the sum total of beliefs we absorbed via the *memes* surrounding our development. Memes are simply ideas replicated by our families and societies; social conditioning which may *not* be right or even true, so it can be changed.

### The Hard Truth About Your Emotions...

Feelings provide feedback about our wellbeing; vital guidelines for our happiness and comfort.

- Ignored or unmet emotions are at the root of all negative patterns in your life, including addictions, time-wasting, destructive and self-sabotaging behavior.

- You are not bound by your genetic inheritance. There's very little about our makeup that is automatically transferred via our genes.
- Today's emphasis on self-esteem is fuelling narcissism. Your achievement is not dependent upon you *loving you*; it's about developing confidence in your abilities.

### Debunking Some 'Laws of Attraction'...

Your thoughts do not manifest your reality. No scientific basis exists for the idea that thoughts are 'real forces' able to manifest stuff in your life. Gratitude is a good value to hold but it doesn't shift anything in the universe.

- Being unrealistically positive is as delusional as being grouchy and negative.
- Falling in love has nothing to do with feelings. It's a primordial head-trip; a concoction of hormones and brain chemicals that make you crazy enough to have sex, with anyone.
- Perception is faulty (always); so is memory.
- Passion is not a pre-requisite for achievement. It helps us get out of bed and do more of what we love doing but it doesn't necessarily mean that fame and fortune will follow.

**The best mantra for being *Future Fit* is focus, focus, focus.**

 [Download Personal Intelligence - EQ + IQ - Future Fit Now: ...pdf](#)

 [Read Online Personal Intelligence - EQ + IQ - Future Fit Now ...pdf](#)

# Personal Intelligence - EQ + IQ - Future Fit Now: EQ All Grown Up

By Steph Vermeulen

Personal Intelligence - EQ + IQ - Future Fit Now: EQ All Grown Up By Steph Vermeulen

## The Stunning New Manifesto From One Of The Pioneers Of EQ...

Stephanie Vermeulen is one of the leading pioneers in the field of EQ. She is author of the 1999 best-seller *EQ: Emotional Intelligence for Everyone* and - for the past two decades - has embraced the ground-breaking scientific advances that have matured EQ into the all-encompassing Personal Intelligence. In this new book she successfully cuts through the burgeoning self-help crescendo to deliver a blueprint for reality.

## Anything And Everything Is Possible...

Exponential growth is disrupting everything from the systems that used to run the world to our core beliefs. More than mere 'game-changers', research into brain plasticity is transforming conventional wisdom. We now know that the human mind is a collection of habits, acquired and reinforced over time. Habits can shift and right now they must.

This book prepares you to take advantage of progress and includes an eye-opening self-analysis process that will reveal what's *really* important to you. Your purpose, which you will decide, will translate into your life's work, or your *fit* in the future.

## Your Personality Is Not Fixed...

Who we *think* we are is the sum total of beliefs we absorbed via the *memes* surrounding our development. Memes are simply ideas replicated by our families and societies; social conditioning which may *not* be right or even true, so it can be changed.

## The Hard Truth About Your Emotions...

Feelings provide feedback about our wellbeing; vital guidelines for our happiness and comfort.

- Ignored or unmet emotions are at the root of all negative patterns in your life, including addictions, time-wasting, destructive and self-sabotaging behavior.
- You are not bound by your genetic inheritance. There's very little about our makeup that is automatically transferred via our genes.
- Today's emphasis on self-esteem is fuelling narcissism. Your achievement is not dependent upon you *loving you*; it's about developing confidence in your abilities.

## Debunking Some 'Laws of Attraction'...

Your thoughts do not manifest your reality. No scientific basis exists for the idea that thoughts are 'real forces' able to manifest stuff in your life. Gratitude is a good value to hold but it doesn't shift anything in the universe.

- Being unrealistically positive is as delusional as being grouchy and negative.

- Falling in love has nothing to do with feelings. It's a primordial head-trip; a concoction of hormones and brain chemicals that make you crazy enough to have sex, with anyone.
- Perception is faulty (always); so is memory.
- Passion is not a pre-requisite for achievement. It helps us get out of bed and do more of what we love doing but it doesn't necessarily mean that fame and fortune will follow.

**The best mantra for being *Future Fit* is focus, focus, focus.**

### **Personal Intelligence - EQ + IQ - Future Fit Now: EQ All Grown Up By Steph Vermeulen Bibliography**

- Sales Rank: #3223748 in Books
- Published on: 2015-05-20
- Original language: English
- Dimensions: 9.00" h x .53" w x 6.00" l,
- Binding: Paperback
- 234 pages

 [Download Personal Intelligence - EQ + IQ - Future Fit Now: ...pdf](#)

 [Read Online Personal Intelligence - EQ + IQ - Future Fit Now ...pdf](#)

## Download and Read Free Online Personal Intelligence - EQ + IQ - Future Fit Now: EQ All Grown Up By Steph Vermeulen

---

### Editorial Review

### Users Review

#### From reader reviews:

##### **Nancy Sanchez:**

Now a day those who Living in the era exactly where everything reachable by interact with the internet and the resources in it can be true or not demand people to be aware of each data they get. How people have to be smart in having any information nowadays? Of course the answer then is reading a book. Reading through a book can help persons out of this uncertainty Information mainly this Personal Intelligence - EQ + IQ - Future Fit Now: EQ All Grown Up book as this book offers you rich information and knowledge. Of course the knowledge in this book hundred percent guarantees there is no doubt in it as you know.

##### **David Chambers:**

Information is provisions for folks to get better life, information currently can get by anyone on everywhere. The information can be a knowledge or any news even a huge concern. What people must be consider while those information which is inside former life are challenging to be find than now is taking seriously which one is appropriate to believe or which one often the resource are convinced. If you obtain the unstable resource then you buy it as your main information you will have huge disadvantage for you. All those possibilities will not happen in you if you take Personal Intelligence - EQ + IQ - Future Fit Now: EQ All Grown Up as the daily resource information.

##### **Frances Oberlin:**

Reading a publication can be one of a lot of pastime that everyone in the world loves. Do you like reading book consequently. There are a lot of reasons why people love it. First reading a reserve will give you a lot of new facts. When you read a e-book you will get new information simply because book is one of a number of ways to share the information or their idea. Second, examining a book will make you actually more imaginative. When you reading through a book especially fictional book the author will bring you to imagine the story how the characters do it anything. Third, you may share your knowledge to some others. When you read this Personal Intelligence - EQ + IQ - Future Fit Now: EQ All Grown Up, you may tells your family, friends as well as soon about yours guide. Your knowledge can inspire the mediocre, make them reading a book.

##### **Weston Brock:**

Publication is one of source of information. We can add our knowledge from it. Not only for students but native or citizen require book to know the change information of year to year. As we know those guides have

many advantages. Beside all of us add our knowledge, can also bring us to around the world. From the book Personal Intelligence - EQ + IQ - Future Fit Now: EQ All Grown Up we can have more advantage. Don't someone to be creative people? To be creative person must want to read a book. Simply choose the best book that acceptable with your aim. Don't end up being doubt to change your life with that book Personal Intelligence - EQ + IQ - Future Fit Now: EQ All Grown Up. You can more pleasing than now.

**Download and Read Online Personal Intelligence - EQ + IQ -  
Future Fit Now: EQ All Grown Up By Steph Vermeulen  
#HENYSR4GAKJ**

## **Read Personal Intelligence - EQ + IQ - Future Fit Now: EQ All Grown Up By Steph Vermeulen for online ebook**

Personal Intelligence - EQ + IQ - Future Fit Now: EQ All Grown Up By Steph Vermeulen Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Personal Intelligence - EQ + IQ - Future Fit Now: EQ All Grown Up By Steph Vermeulen books to read online.

### **Online Personal Intelligence - EQ + IQ - Future Fit Now: EQ All Grown Up By Steph Vermeulen ebook PDF download**

#### **Personal Intelligence - EQ + IQ - Future Fit Now: EQ All Grown Up By Steph Vermeulen Doc**

**Personal Intelligence - EQ + IQ - Future Fit Now: EQ All Grown Up By Steph Vermeulen Mobipocket**

**Personal Intelligence - EQ + IQ - Future Fit Now: EQ All Grown Up By Steph Vermeulen EPub**