

Emotional Intelligence Why It Is More Important Than Iq And How You Can Improve Yours

Emotional Intelligence Why It Is More Important Than Iq And How You Can Improve Yours

Downloaded from blog.amf.com by guest

DOWNLOAD PDF EMOTIONAL INTELLIGENCE WHY IT IS MORE IMPORTANT THAN IQ AND HOW YOU CAN IMPROVE YOURS

The Emotional Intelligence Book -- Emotional Intelligence at Work and Emotional Intelligence Leadership Rockridge Press

Book of readings collected by cd-founders of emotional intelligence introduces theory measurement & applications of.

Emotional Intelligence John Wiley & Sons

REVISED AND UPDAT ED WITH NEW RESEARCH INTO EQ AND PERSONAL AND CAREER SUCCESS
What is the formula for success at your job? As a spouse? A parent? A Little League baseball coach or behind the bench of a minor hockey team? What does it take to get ahead? To separate yourself from the competition? To lead a less stressful and happier existence? To be fulfilled in personal and professional pursuits? What is the most important dynamic of your makeup? Is it your A) intelligence quotient? or B) emotional quotient? If you picked "A", you are partly correct. Your intelligence quotient can be a predictor of things such as academic achievement. But your IQ is fixed and unchangeable. The real key to personal and professional growth is your emotional intelligence quotient, which you can nurture and develop by learning more about EQ from the international bestseller *The EQ Edge*. Authors Steven J. Stein and Howard E. Book show you how the dynamic of emotional intelligence works. By understanding EQ, you can build more meaningful relationships, boost your confidence and optimism, and respond to challenges with enthusiasm-all of which are essential ingredients of success. *The EQ Edge* offers fascinating-and sometimes surprising-insights into what it takes to be a top law-enforcement officer, lawyer, school principal, student, doctor, dentist or CEO. You will learn what the top EQ factors are across many different kinds of jobs, from business managers and customer service representatives to HR professionals and public servants. *The EQ Edge* will help you determine which personnel are the right fit for job opportunities and who among your staff are the most promising leaders and drivers of your business. And because all of us have other roles-parent, spouse, caregiver to aging parents, neighbor, friend-*The EQ Edge* also describes how everyone can be more successful in these relationships. "Finally, a practical and usable guide to what emotional intelligence is all about. This book peels the onion on what EQ really is and teaches the reader to assess their own EQ and how to increase it. This is the holy grail for career success."—Michael Feiner, Professor, Columbia Graduate School of Business and author of *The Feiner Points of Leadership*

The Five Essential Tools for Building Powerful and Effective Relationships Harvard Business Press

Straightforward guide to taking control of your emotions. Being aware of and in control of your emotions is one of the keys to success in life -- both professionally and personally. *Emotional Intelligence For Dummies* will show you how to take control of your emotions rather than letting your emotions control you! Discover how developing your emotional intelligence can further your relationships with others, in the workplace and at home. Emotional awareness is also a critical skill for career success, and Dr. Stein provides practical exercises for developing this skill and achieving your professional and personal goals. He also provides valuable insights into how emotional intelligence can be applied to raising children and teenagers and realizing personal happiness. Full of lively anecdotes and practical advice, *Emotional Intelligence For Dummies* is the ideal book for anyone who wants to get smart about their feelings and reach the next level at work and at home. Manage your emotions - identify your feelings, determine what beliefs cause negative emotions, and stop self-destructive behaviors Discover the power of empathy - read other people's emotions through facial cues and body language and show them you understand their feelings Thrive at work - find a job that's right for you, overcome hassles and fears, and develop your leadership skills Build and sustain meaningful relationships - discover how to take your partner's emotional temperature and manage emotions to grow closer Raise an emotionally intelligent child - keep your cool with your child, coax shy children out of their shells, and get your child to be less aggressive and defiant

Unleashing the Power of Emotional Intelligence McGraw-Hill Education

This book is dedicated to helping you explore the various components of emotional intelligence and show you how you can improve at each of them.

Emotional Intelligence in Schools Simon and Schuster

The groundbreaking bestseller that redefines intelligence and success Does IQ define our destiny? Daniel Goleman argues that our view of human intelligence is far too narrow, and that our emotions play major role in thought, decision making and individual success. Self-awareness, impulse control, persistence, motivation, empathy and social deftness are all qualities that mark people who excel: whose relationships flourish, who are stars in the workplace. With new insights into the brain architecture underlying emotion and rationality, Goleman shows precisely how emotional intelligence can be nurtured and strengthened in all of us.

The Language of Emotional Intelligence Bantam

Co-published with SHRM. Emotional Intelligence (EI) is a strong indicator of individual, team, and organizational success. But stocking up on emotionally intelligent employees isn't enough: you need a concrete plan for putting this valuable resource to work. *The EQ Difference* offers an array of self-assessment tools and team-focused exercises that will help increase and leverage emotional intelligence both in individuals and in groups. It's filled with practical tips and suggestions for developing your own "emotional quotient," as well as that of your peers, employees, and even senior executives. Featuring real workplace examples, Letters to Leaders, and excerpts from actual performance reviews that show the positive impact of EI in a variety of environments, *The EQ Difference* will help your organization achieve greater productivity, higher morale, and better employee retention -- all keys to stronger bottom line results.

Are you tired of depending on internet connection or having problem with slow-loading pages to access the details you need? Downloading and install **Emotional Intelligence Why It Is More Important Than Iq And How You Can Improve Yours PDF documents** can simplify your accessibility to information and boost your reading and study experience.

By downloading and install PDF Emotional Intelligence Why It Is More Important Than Iq And How You Can Improve Yours, you can easily arrange and store important write-ups, research study

documents, or reports. With offline access, you can easily describe these products anytime, anywhere, without the demand for an internet link. And also, PDFs provide a structured reading experience, allowing you to change the font style dimension, highlight essential passages, and annotate straight on the PDF to improve understanding and maintain vital info.

However the benefits of downloading and install Emotional Intelligence Why It Is More Important Than Iq And How You Can Improve Yours don't quit there. You can additionally easily share downloaded PDF data with others, whether you need to team up with colleagues or share research searchings for. And with the vast collection of downloadable Emotional Intelligence Why It Is More Important Than Iq And How You Can Improve Yours PDF available online, you can broaden your data base and stay updated on the most up to date industry trends.

So why wait? Download PDF Emotional Intelligence Why It Is More Important Than Iq And How You Can Improve Yours data today and unlock the possibility for quicker details intake, streamlined accessibility to info, and improved research experience.

SIMPLIFIED ACCESSIBILITY TO INFO

Are you tired of relying upon net connectivity or waiting for slow-loading websites? **Downloading and install Emotional Intelligence Why It Is More Important Than Iq And How You Can Improve Yours PDF documents** can offer you streamlined accessibility to info. Say goodbye to the irritation of disrupted connectivity and hello there to instant accessibility to the web content you require with PDFs. Just download and install Emotional Intelligence Why It Is More Important Than Iq And How You Can Improve Yours straight to your gadget and begin reading. It's that easy!

CONVENIENCE AT YOUR FINGERTIPS

Why it is Crucial for Success in Life and Business - 7 Simple Ways to Raise Your EQ, Make Friends with Your Emotions, and Improve Your Relationships Charlie Creative Lab Limited

Whether in a familial setting or the workplace, emotional intelligence is the key to success. As an energizing power, it helps us not only maintain healthy social relations but also achieve self-satisfaction and self-actualization. In her book *Emotional Intelligence: the Road to Success*, Dr. Samira A. Mansour guides the reader through the benefits and effective use of emotional intelligence in a variety of situations, including cross-culture communication, family interaction, socialization of children, sociocultural negotiation, and organizational management. The book also includes a self-scoring assessment test covering three aspects of emotional intelligence. Success and productivity cannot be determined by IQ alone. By using EQ, or emotional intelligence, readers of all backgrounds can better understand and assess the behaviors, attitudes, motivations, lifestyles, management styles, interpersonal skills, and potentialities of those around them. *Emotional Intelligence: the Road to Success* will show them how.

A Practical Guide to Improving Your Eq BoD - Books on Demand Annotation.

The Essential Guide to Improving Your Social Skills, Relationships and Boosting Your Eq TalentSmart

This text presents a methodical, organized approach to counseling students in emotional intelligence (EI) by detailing how to understand and direct emotions, while also keying counselors directly to the underlying emotional motivations behind the behaviors. Divided into four units, the book starts with an overview of emotions and continues to explore the nature of anger, fear, grief, and guilt. Chapters present both explanatory narratives and teen-centered activities to show how these challenging, uncomfortable feelings when unregulated may negate resiliency and lead to anxiety, bullying, depression, and teen suicide. Counselors and educators alike will benefit from the light, unexacting tone that encourages humor and levity and discusses how to handle difficult emotions without harsh and heavy overtones.

New Perspectives and Applications Createspace Independent Publishing Platform

Bridges the gap between the scholarly literature and "pop-psych" books on EI Emotional Intelligence (EI) has become a topic of vast and growing interest worldwide and is concerned with the ways in which we perceive, identify, understand, and manage emotions. It is an aspect of individual difference that can impact a number of important outcomes throughout a person's lifespan. Yet, until now there were no authoritative books that bridge the gap between scholarly articles on the subject, often published in obscure professional journals, and the kind of books found in the "pop-psych" sections of most large bookstores. This book fills that gap, addressing the key issues from birth through to old age, including the impact of EI on child development, social relationships, the workplace, and health. It is a useful introduction to the academic study of EI, including its history as a concept. Featuring contributions by an international team of EI researchers, this thought provoking and informative book offers students, educators, mental health professionals, and general readers a comprehensive, critical, and accessible introduction to state-of-the-art EI theory and research. From the historical origins of EI to its contemporary applications across an array of domains, *An Introduction to Emotional Intelligence* explores what the research evidence tells us about it, why it is important, and how it is measured. Throughout each chapter any potentially tricky words or concepts are highlighted and explained. And, most chapters feature activities to spur further reflection on the subject matter covered as well as ideas on how to apply aspects of EI to various questions or problems arising in the readers' lives. Features contributions from expert authors from around the world with experience of researching and teaching EI theory and practice Makes EI concepts, foundations, research, and theory accessible to a wider audience of readers than ever before Explores EI's roots in psychological thinking dating back to early 20th century and considers the reasons for its widespread popularity in contemporary times Reviews the latest research into the constructs of ability EI and trait EI and their validity in relation to health, wellbeing, social relationships, academic, and work performance An Introduction to Emotional Intelligence is fascinating and informative reading and a source of practical insight for students of psychology, management and leadership, education, social work and healthcare, and those working in education, health settings and in psychological counseling professions.

Emotional Intelligence Harvard Business Press

Children not shown tools to develop emotional intelligence fail emotionally and socially. Basic empathy skills are absent. In adult life, employment and occupational advancement are less likely. *Making Sense of Emotion* grasps the Yale integrative emotional intelligence ability model. Adding key missing elements, this book unlocks its potential to trigger "emotion performance utilization" in

real life and real-time. The epidemic of overusing medications, substance use disorders, addiction, drug overdoses, even global “doping” in sports reflects emotional malaise. Emotional illiteracy is one underlying cause and demands innovative emotional intelligence. Written by a psychiatrist, this volume supplies literacy tools—a vivid action language showing how emotions unfold as personal dramas. Emotions are our first language—the mother tongue infants and children are “lived by.” Emotional awareness is refined emotional intelligence. This book clearly defines emotions, feelings, affects, moods, and the social-emotional competencies needed to understand and build emotional awareness. Skills take shape resulting in unfolding self-attunement. In real-time, emotional intelligence is effective emotional performance. The missing link between the two is the application of emotion regulation in real life—knowledge in the head displayed in skilled everyday behavior. Innovative ideas in this book explain how to apply this emotional hygiene fitness program to benefit children and adults.

Get Out of Your Own Way A&C Black

This book will become an essential guide to improving your professional and personal relationships. It will show you how to recognize and interpret the motives behind yours' and others' behavior. It will prepare you for the sophisticated and challenging workplace of the 21st century.

With downloadable Emotional Intelligence Why It Is More Important Than Iq And How You Can Improve Yours PDFs, you can carry important records in your pocket. Whether you are on an aircraft, train, or auto, you can access your Emotional Intelligence Why It Is More Important Than Iq And How You Can Improve Yours without the requirement for a net connection. This suggests you can deal with tasks, compose reports, or read articles from anywhere, anytime.

NO MORE DIGITAL DISTRACTIONS

Have you ever read something on the web when an advertisement appears or an e-mail notice from your boss interrupts your concentration? Downloaded and install PDF Emotional Intelligence Why It Is More Important Than Iq And How You Can Improve Yours allow you concentrate exclusively on the content at hand. Adjust the font style dimension, emphasize passages, and make annotations directly on the PDF to improve comprehension and retention.

EMOTIONAL INTELLIGENCE WHY IT IS MORE IMPORTANT THAN IQ AND HOW YOU CAN IMPROVE YOURS PDF UNIVERSAL STYLE FOR ALL GADGETS

PDF submits Emotional Intelligence Why It Is More Important Than Iq And How You Can Improve Yours can be opened up on any kind of tool, making them a generally suitable layout for saving and sharing information. Whether you have a smart device, tablet, or computer, you can download PDF data and have them ready for offline gain access to. Connect PDF Emotional Intelligence Why It Is More Important Than Iq And How You Can Improve Yours to emails, share on cloud storage space platforms, or print paper copies for offline distribution.

TAKE CONTROL OF YOUR INFORMATION

Downloading and install Emotional Intelligence Why It Is More Important Than Iq And How You Can Improve Yours PDF data puts you in control of your details. Say goodbye to waiting for another person to send you files or counting on a web link. With PDFs, you can quickly store and organize essential papers, study documents, or write-ups. Maintain your details risk-free, protected, and conveniently offered with downloaded and install PDFs.

Beginning delighting in the liberty of simplified accessibility to info by downloading and install PDF documents today!

BOOST YOUR STUDY EXPERIENCE

Are you tired of filtering via many pages to find the information you require? Downloading Emotional Intelligence Why It Is More Important Than Iq And How You Can Improve Yours can greatly enhance your research experience. You can conveniently arrange and store vital write-ups, research study documents, or records in PDF format. With offline accessibility, you can comfortably describe these materials anytime, anywhere, without the need for an internet connection. Plus, with the capability to look within a PDF file, you can swiftly situate the exact information you require.

Furthermore, PDFs maintain the initial format of the file, ensuring that graphs, tables, and pictures are displayed specifically as planned. This makes it much easier to examine and contrast information, conserving you useful effort and time.

Overall, downloading **Emotional Intelligence Why It Is More Important Than Iq And How You Can Improve Yours** can reinvent the way you conduct research study. Bid farewell to endless scrolling and hi to a structured, efficient research study procedure.

QUICKER CHECKING OUT WITH PDF EMOTIONAL INTELLIGENCE WHY IT IS MORE IMPORTANT THAN IQ AND HOW YOU CAN IMPROVE YOURS

Are you tired of slow-loading pages and digital interruptions hindering your reading experience? Downloading PDF Emotional Intelligence Why It Is More Important Than Iq And How You Can Improve Yours files can aid enhance your analysis and improve understanding.

With PDFs, you can get rid of digital diversions and concentrate solely on the content handy. Adjust the font style size, emphasize important flows, and annotate straight on the Emotional Intelligence Why It Is More Important Than Iq And How You Can Improve Yours PDF to improve your understanding and retain crucial info.

By downloading and install PDFs, you can likewise take pleasure in offline accessibility without the need for net connectivity. This implies you can conveniently refer back to important products anytime, anywhere, and continue reading with no disruptions.

So, if you want to experience quicker and a lot more effective analysis, make certain to download and install PDF **Emotional Intelligence Why It Is More Important Than Iq And How You Can Improve Yours** and take advantage of all the benefits they have to offer.

EASY DATA SHOWING DOWNLOADABLE EMOTIONAL INTELLIGENCE WHY IT IS MORE IMPORTANT THAN IQ AND HOW YOU CAN IMPROVE YOURS PDF

One of the terrific advantages of downloading PDF documents is the convenience of file sharing it offers.

Whether you require to work together with associates on a project or share study searchings for with others, PDFs offer a generally suitable layout for seamless sharing. Affix PDF Emotional Intelligence Why It Is More Important Than Iq And How You Can Improve Yours to e-mails, share them on cloud storage platforms, or print hard copies for offline distribution, the opportunities are countless.

Moreover, PDFs preserve their formatting and layout when shared, making certain that the recipient

sights the web content the method it was planned to be seen. This indicates you don't have to stress over inconsistencies in formatting or layout when sharing with others.

With downloadable Emotional Intelligence Why It Is More Important Than Iq And How You Can Improve Yours, you can quickly share information, without the demand for sophisticated technological abilities or specialized software application. Merely download and install the PDF documents Emotional Intelligence Why It Is More Important Than Iq And How You Can Improve Yours, and you're ready to share it with any individual, anywhere, at any moment.

So, following time you require to share essential info with others, think about downloading it as a PDF file Emotional Intelligence Why It Is More Important Than Iq And How You Can Improve Yours for very easy and problem-free sharing. You'll be astonished at exactly how straightforward and efficient it can be.

BROADEN YOUR UNDERSTANDING WITH DOWNLOADABLE PDFS

Downloading and install **Emotional Intelligence Why It Is More Important Than Iq And How You Can Improve Yours PDF documents** is not just practical but additionally an amazing way to expand your knowledge. With a huge collection of eBooks, whitepapers, and academic posts offered online, you have accessibility to a variety of academic resources.

Whether you're a trainee, a scientist, or merely interested in discovering more regarding a certain subject, downloadable PDFs offer a flexible and very easy method to accessibility beneficial information anytime, anywhere.

By downloading Emotional Intelligence Why It Is More Important Than Iq And How You Can Improve Yours, you can remain updated on the latest market patterns and developments in your area of interest. With offline gain access to, you can check out and refer to essential products without the requirement for a net link.

[The Emotional Intelligence Quick Book](#) Bantam

Become Emotionally Smarter with a Practical Approach! Emotional intelligence has been a buzzword in the personal growth industry and in high-level corporate recruitment strategies since 1995, when Daniel Goleman used the term for his book title and topic. As we would say today, his use of it "went viral" immediately, in the world of business and mental health in particular. Often abbreviated as "EQ", emotional intelligence is the personal ability you have to recognize and label your own emotions and feelings, and to use this information to steer your thinking and behavior in the desired direction. Whether you are looking to climb the career ladder with ease, thrive during social events or simply feel more at peace with yourself, a well-developed EQ is absolutely critical. During the course of this book, we will take a look at the current knowledge surrounding the subject, as well as how you can vastly improve your own emotional intelligence with a series of simple, practical exercises. You will learn about: - How to observe and analyze your emotions at any given moment. - How to connect more easily with people and build strong and lasting relationships. - How your body reacts to your various emotional states. - How to release unwanted and potentially destructive emotions. - "Thought traps" and how to deal with them. - Mindfulness and its role in developing EQ. - How to improve your EQ in everyday environments. - How having a higher emotional intelligence will benefit your life. And more!

[Emotional Intelligence](#) John Wiley & Sons

From the author of the bestselling *Mindfulness: Be Mindful. Live in the Moment*. Emotional Intelligence is fast becoming the skill to master that will unlock your true potential. You've probably noticed that it's not the smartest people that are the most successful or the most fulfilled in life; being clever, talented or skilled is not enough. It's your ability to manage your feelings, other people and your interactions with them that makes the difference. We're all born with this ability - emotional intelligence is a skill and we all have the capacity to develop this skill. This book will show you how. It will change the way you think about emotions. Instead of thinking of emotions as being positive or negative, you will learn that all emotions have a positive intent - all emotions have our best interests in mind. Improve your emotional intelligence and you improve your ability to understand and manage emotions. You can think clearly and creatively, manage stress and challenges, communicate well with others and display trust, empathy and confidence. You will be in a better position to handle situations, events and other people that in the past you've found difficult or stressful. Emotional Intelligence will show you how to heighten your EQ and improve your personal and work life, including how to • be more assertive and confident • express how you feel, what you want and don't want. • understand what others are feeling and forge stronger relationships • manage office politics and navigate the social complexities of the workplace • manage anxiety, anger and disappointment • deal with bullying • motivate and inspire others

Why It Is More Important Than IQ and How You Can Improve Yours Dog Ear Publishing

Daniel Goleman offers a vital new curriculum for life that can change the future for us and for our children

[Working With Emotional Intelligence](#) John Wiley & Sons

Discover the hidden inner workings of your mind so you can break unhelpful habits and set yourself on the path to achieving your full potential. Emotionally Intelligent Habits reveals how our ingrained mental tendencies can either help or hinder us, depending on how conscious we are of their influence over our lives. Whether we seek to set and achieve our desired outcomes, improve our relationships, or live in alignment with what we value most, we need emotional intelligence (EI) to identify and overcome the mental patterns that may be keeping us stuck. In this book, you'll embark on 12 Self-Discoveries that will help you get to know yourself, so you can stop getting in your own way. You'll learn how, with practice, you can retrain your mind to develop new thought patterns that will serve you better as you work toward your life's aspirations. Each of the 12 Self-Discoveries offers unique clues and insights into who we are and why we do what we do. They function as an internal barometer for our triggers, emotional patterns, and mental habits. Ultimately, they provide a clear path to uncover and work with our habits of mind and patterns of action and reaction, giving us the possibility to exercise our own agency at key moments in our lives. Emotionally Intelligent Habits presents the 12 Self-Discoveries framework which provides you with a solid foundation from which you can begin to grow. Discover how your hidden thought patterns are influencing your life and your relationships with others Build Emotional Intelligence as you learn to recognize your reactions, perceptions, and value systems Use the highly regarded 12 Self-Discoveries model to identify your mental roadblocks and remove them with new habits of mind Learn proven methods for influencing your outcomes, de-cluttering your mind, and shift your own awareness This book, born out of the successful Goleman EI Coaching Certification (EICC) program, will be your guide as you embark on a rigorous process of self-discovery as you learn to embrace your inner wisdom and take control of your results.

[Emotional Intelligence](#) Silvercrest Books

Want to Build Self Confidence? Looking to Learn How to Control Your Emotions? Want to Find Long Last Success? If you answered "YES" to any of the above questions than you'll want to learn about

the important role emotional intelligence plays in your everyday life. What is emotional intelligence. Well, emotional intelligence is defined as "our capacity to control, be aware of, and express our emotions, while handling our interpersonal relationships both empathetically and judiciously. Emotional intelligence also allows us to recognize other people's emotions and how to use that information to guide both our behavior and thinking." This book will teach you what you'll need to do to become more emotionally intelligent and therefore improve your interpersonal connections both at work and home. It will increase your sense of self awareness and allow you to be in control of your emotional state letting you making smarter more informed choices instead of being clouded or negatively affected by your feelings. Inside You Will Learn: An Introduction to Emotional Intelligence Self Perception, Mindfulness & Emotional Intelligence Developing Emotional Intelligence In The Work Place Improving Interpersonal Skills & Social Interactions 100+ Skills, Tips & Tricks to Improve Your Emotional Intelligence A Guide to Emotional Intelligence Apps, Tests, Books, & Resources And Much More! After you've finished with this book, my hope is that you'll have learned some useful tips and strategies to help you become more emotionally intelligent. By becoming the best version of yourself you'll unlock countless opportunities to find success in both your personal and professional lives. Don't Delay. Download This Book Now. Tags: emotional intelligence, confidence, communication, interpersonal skills, emotions, success, personal development, self awareness, positive psychology

EQ, Applied Webnetworks Incorporated

Become a Better Leader by Improving Your Emotional Intelligence Bestselling author DANIEL GOLEMAN first brought the concept of emotional intelligence (EI) to the forefront of business through his articles in Harvard Business Review, establishing EI as an indispensable trait for leaders. The Emotionally Intelligent Leader brings together three of Goleman's bestselling HBR articles. In "What Makes a Leader?" Goleman explores research that found that truly effective leaders are

distinguished by high levels of self-awareness and sharp social skills. In "The Focused Leader," Goleman explains neuroscience research that proves that "being focused" is more than filtering out distractions while concentrating on one thing. In "Leadership That Gets Results," Goleman draws on research to outline six distinct leadership styles, each one springing from different components of emotional intelligence. Together, these three articles guide leaders to recognize the direct ties between EI and measurable business results.

Beginning discovering the globe of PDF Emotional Intelligence Why It Is More Important Than Iq And How You Can Improve Yours today and unlock the potential for a richer, extra satisfying finding out experience.

REVIEW OF EMOTIONAL INTELLIGENCE WHY IT IS MORE IMPORTANT THAN IQ AND HOW YOU CAN IMPROVE YOURS

- It's a good book with good advice but I felt that sometimes she was a bit redundant, other than that it still deserves 5 stars.

- After reading this book by Michael Crichton I felt like he was a close friend telling me about his life. In this book you will smile, cry and wonder. This book will make anybody open up. Michael Crichton show that even tough life is not a box of candy, there always something good for you at the end. In this book you will see some names that you seen in other works of Michael Crichton. Almost all the people talked about in this book relates to one you might have seen before (ER, Sphere, ect...) You will also see where Michael Crichton gets the ideas for some of his novel (Congo, Great Train Robbery, to name a few). After reading this novel you will feel like you done all the thing right along side of Michael Crichton. Then after you see the world through Mr. Crichton you will think twice about most things you do.