



How to Raise a Child with a High EQ: A Parents' Guide to Emotional Intelligence

By Lawrence E., PhD Shapiro

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Studies show that emotional intelligence -- the social and emotional skills that make up what we call character -- is more important to your child's success than the cognitive intelligence measured by IQ. And unlike IQ, emotional intelligence can be developed in kids at all stages.

Filled with games, checklists and practical parenting techniques, *How to Raise a Child with a High EQ* will help your child to cope with -- and overcome -- the emotional stress of modern times and the normal problems of growing up.

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Editorial Review

From Library Journal

Emotional intelligence, defined by Daniel Goleman as "abilities such as being able to motivate oneself and persist in the face of frustrations; to control impulse and delay gratification; to regulate one's moods and keep distress from swamping the ability to think; to empathize and to hope," has been shown to be a powerful predictor of success in life. Following on Goleman's excellent best seller, *Emotional Intelligence* (LJ 9/1/95), are these two books purporting to provide a program for raising one's own E.Q. and that of one's children. In both cases, the authors state that their work, while relevant to Goleman's ideas, is based on decades of experience. However, Segal's (*Living Beyond Fear*, Borgo, 1987) book seems to be a rehash of the old gestalt notion that the root of most psychological distress is an inability to feel one's "true" emotions?an unproved assertion that has little relevance to Goleman's definition. Readers interested in Goleman's emotional intelligence will be disappointed?or badly misled?by Segal's book. Recommended only for public libraries with a large and dedicated audience for titles by authors like Wayne Dyer and Robert Covey. The author of numerous works in psychology, Shapiro, on the other hand, actually seems to address the issues included in Goleman's definition. Unlike so many parenting books full of generalizations, this title includes specific ideas for games, projects, and even computer games. Highly recommended for all parenting collections.?Mary Ann Hughes, Neill P.L., Pullman, Wash.

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From Booklist

Emotional intelligence, or what was once labeled "character," is as important as intellectual ability in the life success of a child. This well-written, insightful book, through games, activities, tricks, skills, and habits, guides parents in developing the moral emotions of empathy, honesty, shame, and guilt; thinking skills such as realism and optimism; resourcefulness; social skills including conversation, humor, manners, and friendliness; persistence and motivation; and emotional control. In addition to displaying a sure grasp of the parenting and psychological literature, Shapiro also covers software that helps children express themselves. His application of principles and techniques from the burgeoning field of neuroscience is a first in the literature targeted toward parents. The "parent's E.Q. checklist" uses specific issues and problems to direct parents to the chapter that will help them most--a practical feature of this forward-looking, comprehensive guide to the emotional well-being of children. *Kathryn Carpenter*

About the Author

Lawrence E. Shapiro, Ph.D., the inventor pf more than two dozen therapeutic games and a frequent lecturer, is the author of *How to Raise a Child with a High E.Q.*

Users Review

From reader reviews:

Jacquelyn Lopez:

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Danica Johnson:

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