

Emotional Intelligence 2.0- Travis Bradberry

Go Suck a Lemon: Strategies for Improving Your Emotional Intelligence- Michael Cornwall

No Hard Feelings: The Secret Power of Embracing Emotions at Work- Liz Fosslien & Mollie West Duffy

Five Languages of Appreciation in the Workplace- Gary Chapman & Paul White

The Gifts of Imperfection- Brené Brown

The EQ Edge- Steven Stein and Howard Book

Working with Emotional Intelligence- Daniel Goleman

Why Empathy Matters- J.D. Trout

TED Talks: www.ted.com

Daniel Goleman: Why aren't we more compassionate?

Guy Winch: Why we all need to practice emotional first aid.

Travis Bradberry: The power of emotional intelligence (TEDxUCIrvine)

Brené Brown: The Power of Vulnerability

Brené Brown: Listening to Shame

Kelly McGonigal: How to make stress your friend

Susan David: The gift and power of emotional courage