

# THE POWER OF EMOTION



## FORWARD

I had the privilege of working with Linda on her last book, and it's been a treat to share the process of writing this one with her again.

Like anyone who believes in self-improvement and seeks out those voices that can provide ideas, guidance and insight, Linda has spent a lifetime learning about what it means to be your authentic self. It's not an easy road to travel: you make mistakes, the path winds and bends unexpectedly, and sometimes you're caught in that "drive-by life" style that makes everything less clear. When Linda first coined that phrase, I remember thinking, Wow, that's what I was doing for so long," and I was so glad I was past it.

In this book, Linda highlights how emotional intelligence, commonly known as EI, can be a boon to your life, personally and professionally. She's read widely and deeply on this subject, lived it, and teaches it. What makes this book special is its simplicity: each chapter is a summary of the key EI aesthetics. It's a primer that you can read as a precursor to deeper discussion on any or all of the aesthetics, and it's a valuable reminder for anyone who has already started along the path of trying to understand themselves and the world around them.

Linda's willingness to share her own learning and experiences through reflection in the section "Here's What I Know to be True" is evidence she lives what she writes. She's putting herself out there, her vulnerability visible, and, through her experience, you better understand how being intelligent about your feelings and emotions can make you the best person you can be.

It's really all any of us strive for: to be one with the world, to treat and be treated by others with care and compassion. Listening to your own feelings and caring for the feelings of others, will, as Linda illustrates throughout, lead you in that direction. Each chapter includes exercises we can practise, and great questions we can all ask ourselves. Linda has made it easy for us, if we just take the time to execute.

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In Subir Chowdhury's book *The Difference, When Good Enough Isn't Enough*, he writes, "A key part of resolve is a willingness to change and adapt." Linda is asking this of us, too: resolve to pay attention, and you'll be better for it. It's advice worth taking.

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