

# Conceal Don't Feel: Uncover the Secrets of Emotional Intelligence

In a world where we're constantly bombarded with messages telling us to suppress our emotions or put on a brave face, it's no wonder that so many of us struggle with emotional intelligence.



## Frozen: Conceal, Don't Feel: A Twisted Tale (Twisted Tale, A) by Jen Calonita

★★★★☆ 4.7 out of 5

Language	: English
File size	: 5980 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Print length	: 321 pages
Lending	: Enabled



Emotional intelligence is the ability to understand, manage, and use our emotions in positive ways. It's a key ingredient for success in all aspects of life, from our personal relationships to our careers. But how can we develop emotional intelligence when we've been taught to hide our true feelings?

In her groundbreaking book, *Conceal Don't Feel*, Dr. Susan David reveals the science behind emotional intelligence and offers practical tools for developing it in ourselves and others. David argues that emotional

intelligence is not about suppressing our emotions, but rather about embracing them and using them to our advantage.

*Conceal Don't Feel* is divided into three parts. In the first part, David introduces the concept of emotional intelligence and explains why it's so important. In the second part, she provides a detailed roadmap for developing emotional intelligence, including exercises and activities that readers can use to practice. In the third part, David discusses how emotional intelligence can be used to improve our relationships, our careers, and our overall well-being.

*Conceal Don't Feel* is a must-read for anyone who wants to improve their emotional intelligence and live a more fulfilling life. David's writing is clear, concise, and engaging, and she provides a wealth of practical advice that can be put into practice immediately.

If you're ready to unlock your potential and achieve success in all areas of your life, then *Conceal Don't Feel* is the book for you.

### **Praise for *Conceal Don't Feel***

"*Conceal Don't Feel* is a groundbreaking book that will change the way you think about emotions. Dr. David provides a clear and concise roadmap for developing emotional intelligence, and her exercises and activities are easy to follow and effective. I highly recommend this book to anyone who wants to improve their relationships, their careers, and their overall well-being."

-Daniel Goleman, author of *Emotional Intelligence*

"*Conceal Don't Feel* is a must-read for anyone who wants to live a more fulfilling life. Dr. David's insights into the power of emotions are invaluable, and her practical advice can help you to develop the emotional intelligence you need to succeed in all areas of your life."

-Tony Robbins, author of *Awaken the Giant Within*

"*Conceal Don't Feel* is a game-changer. Dr. David's research-based approach to emotional intelligence is accessible and actionable. This book will help you to understand your emotions, manage them effectively, and use them to your advantage. I highly recommend it."

-Brené Brown, author of *Daring Greatly*

## Free Download Your Copy of *Conceal Don't Feel* Today

*Conceal Don't Feel* is available now in hardcover, paperback, and e-book formats. Free Download your copy today and start developing your emotional intelligence.

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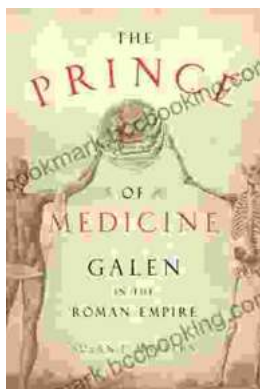
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