



Emotional Intelligence - Annotated Bibliography

Emotional Intelligence is a skill, which means you can develop your emotional knowledge and perception. These resources can help you. While many others exist, these five capture the essential content, and much of the additional literature recasts the ideas presented in these.

Goleman, D. (2005). *Emotional Intelligence: Why It Can Matter More Than IQ*. New York: Bantam Dell.

This near-classic work brought the concept of emotional intelligence into the vernacular. Rooted in the early work of scholars Mayer and Salovey (1990), Goleman explores the concept of emotional intelligence, characterizes the ability to recognize and manage emotion in yourself and others, and highlights how properly-displayed emotion is helpful.

Goleman, D. (2011). *Working With Emotional Intelligence*. New York: Bantam Dell.

In this followup book, Goleman focuses on emotional intelligence in the workplace. Self-mastery and people-skills development feature prominently through 25 tips. Especially relevant to leaders is a section on emotionally-intelligent organizations, those in which it is the norm to practice emotional intelligence. Goleman's accessible writing style includes examples, anecdotes, and practical advice.

Harvard Business Review Press. (2015). *On Emotional Intelligence*. Boston: Author.

Ten of the best *Harvard Business Review* articles on emotional intelligence focused on the leader's role. These articles discuss practical emotional intelligence skills, such as how emotions can complicate feedback, decision making, and fairness, and how to manage negative thoughts and feelings. Unit-level issues feature in articles on building group-level emotional intelligence and how a lack of emotional intelligence can damage group cohesion.

Bradberry, T., Greaves, J., & Lencioni, P. (2009). *Emotional Intelligence 2.0*. San Diego, CA: TalentSmart.

TalentSmart, an emotional intelligence consulting company, offers resources to assess and improve emotional intelligence. This book discusses the importance of emotional intelligence and how emotions can often be at odds with, and even compromise, reason. Its substantial content relates to emotional intelligence-related self- and social-awareness and management strategies.

Kahneman, D. (2011). *Thinking, Fast and Slow*. New York: Farrar, Straus and Giroux.

Kahneman, winner of the Nobel Prize in Economic Sciences, amalgamates decades of research into this volume of wisdom that challenges our view that we are rational beings. Instead, he proposes that we are driven by habits and that our judgment and choices are often emotionally driven. The seminal thinker in behavioral economics, he writes in a simple, engaging style full of amusing, entertaining, and sometimes heartfelt anecdotes. This book will change the way you think about the way you think.

