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Mindsight: The New Science of Personal Transformation ... -

Sat, 09 Jun 2018 12:32:00 GMT - We had enjoyed the ideas but were disappointed by a lack of practical suggestions for personal growth. Siegel's Mindsight only focuses on one of Goleman's domains of emotional intelligence, self-awareness, but that piece is the fundamental one on which all other skill of social and emotional intelligence are built.

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