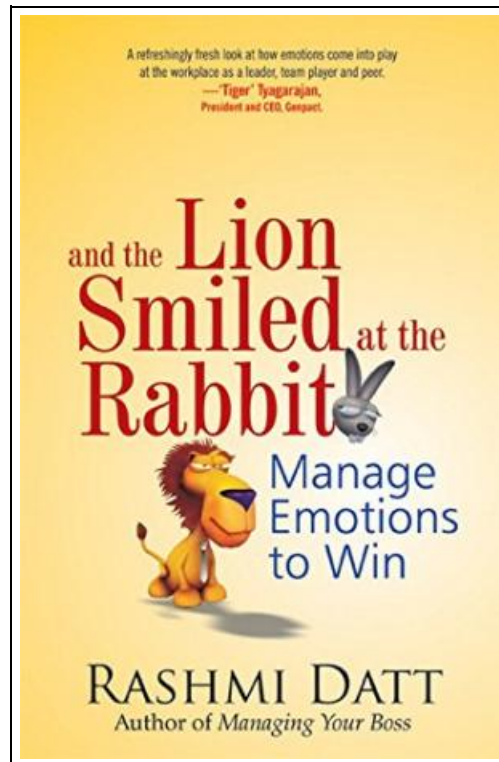


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(Dr. Cullen Schmitt MD)

AND THE LION SMILED AT THE RABBIT: MANAGE EMOTIONS TO WIN



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Wisdom Tree, New Delhi, India. Softcover. Book Condition: New. Learning to manage emotions is vital, regardless of whether it is in one's personal or professional life. Especially in one's professional life, learning to work through challenging situations, difficult conversations, and handling professional relationships without betraying any feelings or emotions is extremely important. This book focuses on teaching young professionals how to manage their emotions to perform better at the workplace. Situations that can upset a person's emotional balance occur all too frequently at work, and the techniques taught in this book can help the reader maintain a level head while facing such difficult situations. Drawing on the wisdom of the Panchatantra and Indian philosophy, *And The Lion Smiled At The Rabbit: Manage Emotions to Win* shows readers how to improve their emotional intelligence. It teaches its readers how to take the middle path between flight and fight. It further instructs them on how to respond and not react to any given situation. While an instantaneous reaction is often governed by emotion without much thought, a response is a clearly thought-out action and this is what the book advocates. It informs its readers to opt for responses that are guided by logic rather than emotions. The stories from Panchatantra, which portray human traits through animal characters, are cleverly used in this book to guide the reader on how to respond to different situations. The author explores the reasons behind how a rabbit manages to fool a lion in a tale from *The Panchatantra*. In the tale, the rabbit uses the lion's trait of pride to make the lion lose control over its capacity to think, forcing it to just react. There and other such tales are woven cleverly with modern management theories to provide a refreshing perspective on emotional balance and...



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