



# Building Emotional Intelligence: Practices to Cultivate Inner Resilience in Children

*Linda Lantieri, Daniel Goleman*

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What's the most important piece of your child's educational experience? If you think it's math, science, or reading, you might be overlooking an essential element: the capacity known as inner resilience. In *Building Emotional Intelligence*, Linda Lantieri presents a breakthrough guide to help children respond to and rebound from the challenges unique to our times.

For educators, counselors, parents, and caregivers, this book offers practical techniques proven to help children increase self-esteem, improve concentration and awareness, and enhance empathy and communication. Step by step, children will learn how to quiet their minds, calm their bodies, and manage their emotions more skillfully. This powerful guide is arranged according to age group and complemented by spoken-word exercises presented by bestselling author Daniel Goleman.

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