



# Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children

By Linda Lantieri, Daniel Goleman Ph.D.

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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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**Editorial Review**

Review

"*Building Emotional Intelligence* will be a welcome resource for parents and teachers seeking to teach children to slow down and listen to their inner voices."

—**Marian Wright Edelman**, President, Children's Defense Fund

"We all know kids struggle with stress. Now, *Building Emotional Intelligence* tells us how to help. Lantieri's simple but powerful exercises will help you inoculate your child with crucial coping skills to face a range of life challenges."

—**Rachel Simmons**, author of *Odd Girl Out: The Hidden Culture of Aggression in Girls*

"This book is critically needed at this important time in education in the United States. Schools have been consumed with improving children's math and literacy skills, but too often have neglected the important impact of strong social and emotional learning skills."

—**Carol Comeau**, Superintendent, Anchorage School District & Chair, Executive Committee, the Council of Great City Schools

"What a gift Linda Lantieri and Daniel Goleman give to children with *Building Emotional Intelligence*! The wonderful and appealing exercises and activities promise to cultivate in children a deep reserve of calm and inner resilience that will sustain them now and for the rest of their lives."

—**Nancy Carlsson-Paige**, author of *Taking Back Childhood*

"A comprehensive guide with practical exercises for parents and their children to calm the body and focus the mind. Using principles derived from modern brain research, Linda Lantieri has created a novel curriculum that promises to be enormously helpful in building a foundation for a successful life by cultivating skills in managing disturbing emotions, increasing empathy and cooperation and instilling calmness. This book and accompanying CD will be of interest to all parents who wish their children to be happy and successful."

—**Richard J. Davidson**, Director, Waisman Laboratory for Brain Imaging and Behavior, University of Wisconsin-Madison --*This text refers to an out of print or unavailable edition of this title.*

"This is the best book I know to help children learn inner-life practices that can strengthen and sustain them. A moving mix of compassion, skillful means, and wisdom."

—**Parker J. Palmer**, author of *The Courage to Teach*

"Linda Lantieri and Dan Goleman form a dream team to help children discover and refine their deep inner capacities for well-being, calmness, relaxation, and emotional intelligence."

—**Jon Kabat-Zinn, PhD**, founding director of the UMass Medical School Stress Reduction Clinic and the Center for Mindfulness in Medicine, Health Care, and Society

"This book is an essential and important guide for anyone interested in truly supporting our children toward success in school, in their full healthy human-development, and in life."

—**Jennifer Buffet**, president and co-chair of the NoVo Foundation

From the Publisher

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"This is the best book I know to help children learn inner-life practices that can strengthen and sustain them. A moving mix of compassion, skillful means, and wisdom that can support young people growing up in a perilous but still promising world."--Parker J. Palmer, author of *The Courage to Teach*

"In this collaboration, Linda Lantieri and Dan Goleman form a dream team to help children discover and refine their deep inner capacities for well-being, calmness, relaxation, and emotional intelligence. Their program is a marvelous way for parents and their children to adventure together to build inner strengths and resiliency in dealing with the many stresses that children face in their daily lives." --Jon Kabat-Zinn, Ph.D, Founding Director of the Stress Reduction Clinic and the Center for Mindfulness in Medicine, Health Care, and Society

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About the Author

**Linda Lantieri**

Linda Lantieri is an internationally known expert in social and emotional learning, conflict resolution, and crisis intervention with 40 years of experience in the field of education. She is the director of The Inner Resilience Program and a founding member of the Collaborative for Academic, Social, and Emotional Learning(CASEL). She is also a co-founder of the Resolving Conflict Creatively Program(RCCP), a social and emotional learning program that has been implemented at 400 schools in 15 school districts in the U.S., with pilot sites in Brazil and Puerto Rico. Lantieri is co-author of *Waging Peace in Our Schools*, editor of *Schools with Spirit: Nurturing the Inner Lives of Children and Teachers*, and contributor to *Forever After: New York City Teachers on 9/11*.

## **Daniel Goleman**

Daniel Goleman, PhD, covered the brain and behavioral sciences at the *New York Times* for 12 years. He is co-founder of the Collaborative for Academic, Social, and Emotional Learnings. His books include *Emotional Intelligence*, *Social Intelligence*, and *Ecological Intelligence*.

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