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**What is Intelligence?**

**By Royane Real**

What is intelligence? Can it really be measured?

Although IQ tests measure a certain aspect of intelligence potential, there isn't complete agreement that what is being measured is actually intelligence.

Standard intelligence tests focus a lot on exploring and measuring linguistic/logical/mathematical ability. But is that really the same quality as intelligence? Or is intelligence something broader than that?

We have all met people who have a lot of "book smarts" but who seem to have no "life smarts". Should we really be saying that they are intelligent?

Some people who did poorly in school often turn out to be very successful in later life. Why do our current IQ tests seem unable to predict or explain these outcomes?

A person may have failed dismally in school, and yet turn out to be a genius in marketing. Is this person stupid, or brilliant? If a man is a great scientist, but can't ever pick a suitable mate, is he really very smart?

Is there more than one kind of intelligence? How should we define intelligence? Can we really measure it?

Several experts in the field of intelligence have proposed that we need to broaden our understanding of what intelligence really is, and the role it plays in successful living.

Psychologist Howard Gardner of Harvard University has suggested that we should consider a wide range of talents and abilities as valid forms of intelligence.

In his intriguing book, "Frames of Mind: Theories of Multiple Intelligences", Gardner has proposed the existence of at least seven types of intelligence: verbal-linguistic, logical-mathematical, visual-spatial, musical, bodily-kinesthetic, social-interpersonal and intra-personal.

## What is Intelligence?

Another psychologist, Robert Sternberg, has suggested we consider three distinct forms of intelligence. One type is the ability to think logically and rationally, doing well in an academic type of environment.

A second kind of intelligence identified by Sternberg is the ability to come up with creative solutions to real life situations. And the third type, according to Sternberg, is the ability to psychologically understand people and interact effectively with them.

A very different perspective on the IQ issue is presented by Daniel Goleman in his best-selling book, "Emotional Intelligence". Goldman offers an explanation for why a high IQ does not always lead to success in career or in life.

Goleman says that EQ, or emotional intelligence, has been an overlooked factor that is an extremely important ingredient for success in life.

An ability to get along with others, to be optimistic, to be determined, are among the many factors that contribute to success, perhaps even more than intellectual ability.

Your IQ score is only a number. It does not define you. It does not really limit you. It's just a starting point. Remember that many other qualities you already possess or can develop are also important for success in life.

This article is taken from the new downloadable book by Royane Real titled "How You Can Be Smarter - Use Your Brain to Learn Faster, Remember Better and Be More Creative" To improve your learning ability, download it today from

<http://www.royanereal.com>

### **Is It Possible to Have Too Much Emotional Intelligence?**

**By Susan Dunn**

#### **Is It Possible to Have Too Much Emotional Intelligence? by Susan Dunn, M.A., The EQ Coach**

Someone emailed me recently, "Do you think it's possible to have too much emotional intelligence going on? To the point that perhaps logic takes a backseat?"

Good question. The fact is, we need both IQ and EQ. You can't have "too much" emotional intelligence, but that doesn't mean at the expense of logic.

It's time to use logic, for instance, when figuring out a budget, or making a timeline for a project. Then there's a time to use emotional intelligence – using leadership skills, for instance, to get those people to make that timeline and project happen.

## What is Intelligence?

Emotional intelligence means using all your faculties, including logic and reason, to bring about results that are favorable. It means having the flexibility and creativity to see alternatives.

Say you're presented with a highly-charged emotional situation, for instance. You're furious with your partner and would like to hit him. Your EQ would tell you to manage that emotion, to stop and think. Your "thinking brain" would then consider the possible consequences of your act — seriously hurting him, going to jail, harming the relationship irreparably, feeling shame and guilt afterwards, and other things that are not in your best interest. At the same time, you could use your empathy to try and see things from their point of view.

There are times when logic does need to take a back seat, for instance when we need to use our hearts in managing a misbehaving toddler. Logic and reason aren't of much use with a two year old. They also aren't of much use in figuring out the big questions in life, like why bad things happen to good people.

Emotional intelligence means managing emotions so you can take action in the best interest of all concerned. This also requires using your thinking brain!

To learn more about emotional intelligence, go here: <http://www.susandunn.cc/EQ.htm>

Susan Dunn, The EQ Coach, offers personal life coaching, transitions, career, relationships, emotional intelligence. Visit her on the web at [www.susandunn.cc](http://www.susandunn.cc) and <mailto:sdunn@susandunn.cc> .



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