Recommended Books on Emotional Intelligence

- Brainstorm: The Power and Purpose of the Teenage Brain by Daniel J. Siegel, M.D.
- Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children by Daniel Goleman and Linda Lantieri
- Emotional Intelligence: Why It Can Matter More Than IQ by Daniel Goleman
- The Emotional Intelligence Quick Book by Dr. Travis Bradberry, Jean Greaves, and Patrick Lencioni
- Emotional Intelligence 2.0 by Dr. Travis Bradberry, Jean Greaves, and Tom Parks
- Emotionally Intelligent Parenting: How to Raise a Self-Disciplined, Responsible, Socially Skilled Child by Dr. Maurice Elias, Dr. Steven Tobias, & Dr. Brian Friedlander
- How Children Succeed: Grit, Curiosity, and the Hidden Power of Character by Paul Tough
- How To Talk So Kids Will Listen and Listen So Kids Will Talk by Adele Faber and Elaine Mazlish
- Mindsight: The New Science of Personal Transformation by Daniel J. Siegel, M.D.
- The Mindful Child: How to Help Your Kid Manage Stress and Become Happier, Kinder, and More Compassionate by Susan K. Greenland
- Odd Girl Out: The Hidden Culture of Aggression in Girls by Rachel Simmons
- The Other Kind of Smart: Simple Ways to Boost Your Emotional Intelligence for Greater Personal Effectiveness and Success by Harry Deutschendorf
- Parenting from the Inside Out by Daniel J. Siegel, M.D.
- Primal Leadership: Learning to Lead with Emotional Intelligence by Daniel Goleman
- Queen Bees and Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends, and the New Realities of Girl World by Rosalind Wiseman
- Raising an Emotionally Intelligent Child by John Gottman, Ph.D.
- Raising Cain: Protecting the Emotional Life of Boys by Dan Kindlon and Michael Thompson
- Reclaiming Conversation: The Power of Talk in a Digital Age by Sherry Turkle
- Real Boys: Rescuing Our Sons from the Myths of Boyhood by William Pollack
- Unconditional Parenting by Alfie Kohn
- The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind by Daniel Siegel. M.D.