



Boosting the Mind's Eye: Visualizing for Social and Emotional Intelligence

Erin Phifer

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This book uses theory and research to support a program that aids parents, educators, counselors, and psychologists to help bolster and increase emotional intelligence within children and adults. Boosting the Mind's Eye was originally intended to be used with individuals with learning disorders, but it could also be a useful tool during early child development. The book includes sample dialogues, photos, and a step by step guide to improve upon many skills, such as reading facial expressions, body language, tone of voice, practice dialogue, etc. This is important due to the lack of programs available to address these needs using an imagery based method that will allow for retention of these skills versus rote memory.

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John Damm:

Spent a free time and energy to be fun activity to perform! A lot of people spent their sparetime with their family, or all their friends. Usually they accomplishing activity like watching television, gonna beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your free time/ holiday? Could be reading a book is usually option to fill your free time/ holiday. The first thing that you ask may be what kinds of book that you should read. If you want to test look for book, may be the book untitled Boosting the Mind's Eye: Visualizing for Social and Emotional Intelligence can be very good book to read. May be it could be best activity to you.

Tracy Brown:

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