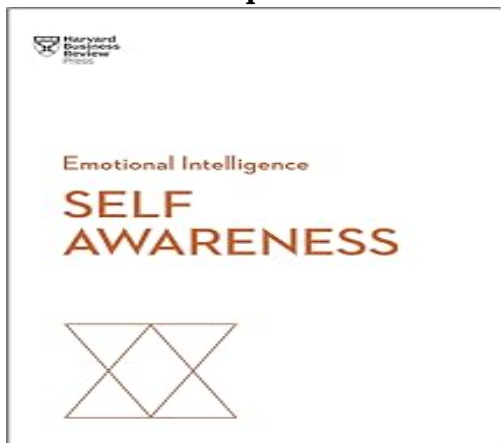


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Self awareness is the bedrock of emotional intelligence. The Opening chapter sets the tone for the rest of the book. Self-Awareness (HBR Emotional Intelligence Series) Absolutely brilliant. Self-Awareness (HBR Emotional Intelligence Series) So basic. You can learn in Wikipedia