



**BUILDING EMOTIONAL  
INTELLIGENCE**  
Techniques to  
Cultivate Inner  
Strength in Children  
LINDA LANTIERI

Introduction and  
practices on CD  
by Daniel Goleman

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

-- Marian Wright  
Edelman, President,  
Children's Defense  
Fund

## **BUILDING EMOTIONAL INTELLIGENCE** **Techniques to Cultivate Inner Strength in Children** **Linda Lantieri**

What's the most important piece of your child's education? If you think it's math, science, or grammar, you might be overlooking an element that is fast becoming essential in today's stressful world: cultivating inner resiliency.

In *Building Emotional Intelligence*, pioneering educator Linda Lantieri offers a breakthrough guide for helping children quiet their minds, calm their bodies, and identify and manage their emotions. Here are Lantieri's proven techniques arranged according to age group, complemented by a spoken-word CD with exercises presented by Daniel Goleman, co-founder of the Collaborative for Academic, Social, and Emotional Learning (CASEL) and author of the best-selling book *Emotional Intelligence*.

Complete with easy-to-use scripts and step-by-step instruction, *Building Emotional Intelligence* is the definitive guide to cultivating resiliency in children. Readers will learn:

- How to building inner preparedness
- How to teach children exercises to calm the body and focus the mind
- Exercises to calm the body and focus the mind for 5–7 year olds
- Exercises to calm the body and focus the mind for 8–11 year olds
- Exercises to calm the body and focus the mind for 12 year olds and up
- How to prepare children to lead us into the 21st century

"We need a new vision of education that includes the mind and the heart," says Lantieri. With *Building Emotional Intelligence*, parents, teachers, and caregivers have the tools necessary to help build these invaluable skills in the children they raise.

**Linda Lantieri** is a founding member of the Collaborative for Academic, Social, and Emotional Learning (CASEL), a cofounder of the Resolving Conflict Creatively Program, a George Lucas Educational Foundation Fellow, and a forty-year veteran of New York City Public Schools. She is editor of *Schools with Spirit: Nurturing the Inner Lives of Children and Teachers* (Beacon, 2001).

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