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**Book review: Goleman, D. (1996).
*Emotional intelligence. Why it can
matter more than IQ.* London UK:
Bloomsbury Pub.**

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Daniel Goleman (1996) says that the message of his eye-opening book is one we must take to heart. He offers a vital new curriculum for life that may change the future for us and for our children. After reading the book I felt some relief as it gave me an answer to my doctoral research questions: *Why do I do things the way I do? And what has enabled me to meet, face and resolve the challenges that I have come across in life?* I realized that my doctoral thesis partly answered these questions, as I highlighted my upbringing, my beliefs and values and the results of my success. Goleman's *Emotional Intelligence* opened another window of understanding, in saying or asking me, 'What about the contribution of my emotional intelligence?'

In my thesis, not even once do I explicitly mention the importance of emotions in my life, although I talk of beliefs, values, respect and humanity. It never dawned on me that beliefs, values, respect and humanity are interwoven with emotional intelligence.

As a researcher I have found this book a 'good read' and recommend it to researchers, parents, educators – or any other person who might need a mirror for looking at human behavioral activities that are good or bad.

I found the book reviving emotional wounds and also healing spiritually. I can equate the book to a revival sermon in a different style than the usual church sermon. I would therefore recommend it as it is a 'good read' indeed. How can problems in marriage, work place, physical health anxiety, be solved? How can emotional intelligence be nurtured and strengthened in families and work places? Goleman answers the questions in his book *Emotional Intelligence*. Whilst I was reading the first few pages of *Emotional Intelligence* I felt like I was to go through a neurological science book but later found the book a user friendly read.

Goleman suggests that any parent or researcher would like to have a new curriculum for life that can change the future for us and for our children, because it would enhance the life of the generations to come. Who would not like to understand the right use of emotions, to ensure how to control them for the benefit of the self and others? Would the notion of reason being dumb at times not heal your feeling of seeing how stupidly you have acted? I believe we all want to know ourselves, so as to handle times where passions seem to overpower us to our detriment. I also believe we all want to be masters and captain of our attitudes, more especially those that make us acceptable, and that we would also like to master the social art of living harmoniously with other people. I also believe we all yearn for the ability to handle love and work so as to keep our work and marriages at a healthy level, to learn to use the heart better than the hand and the head, and to be at ease as we take our medication if we are sick, as we seek to strike the balance between the body and mind.

I believe we need families that are healthy because I see them acting as the cauldrons of nurturing human behavior. Families and work situations are sometimes crucibles and receptacles of trauma and emotional relearning, as most of us spend time at work and go to rest at our homes. Goleman states that, "... psychotherapy is in a sense, a remedial tutorial for what was skewed or missed completely in life. But why not do what we can do to prevent that need, by giving children the nurturing and guidance that cultivates the essential skills in the first place?" (p.228). Emotional intelligence understanding, its use if well-schooled and applied, may help to save humanity myriad forms of unnecessary costs. I therefore recommend the book to Living Theory researchers as it may help them to improve educational research. This book transcends disciplines and I believe offers useful preventative measures, as well as post-traumatic stress disorder therapeutic measures, to many of human challenges.