

July 2019 Stop It Now! E-News Citations

¹ Goleman D. New York, NY: Bloomsbury Publishing PLC; 1996. Emotional Intelligence: Why It Can Matter More Than IQ.

² The impact of hope, self-esteem, and attributional style on adolescents' school grades and emotional well-being: A longitudinal study. Ciarrochi J, Heaven PCL, Davies F. J Res Pers. 2007;41:1161–1178.