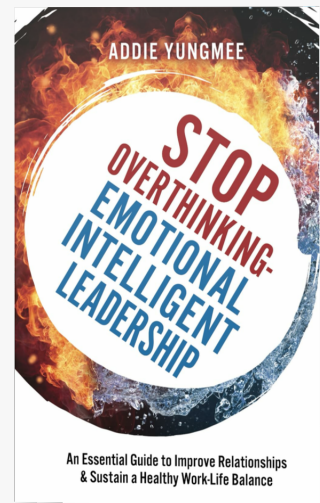


'Stop Overthinking Emotional Intelligent Leadership' Offers Roadmap for Better Workplace Relationships

Addie Yungmee's new book presents actionable emotional intelligence tools for modern leaders

LOS ANGELES, CA, UNITED STATES, April 22, 2025 /EINPresswire.com/ -- What sets great leaders apart from the rest? In "Stop Overthinking Emotional Intelligent Leadership: An Essential Guide to Improve Relationships & Sustain a Healthy Work-Life Balance," Addie Yungmee provides an actionable roadmap for leaders seeking to enhance their emotional intelligence (E.Q.), foster authentic connections, and create a thriving workplace culture.



Stop Overthinking Emotional Intelligent Leadership

For leaders who already know their craft but feel something is missing, this book breaks down the five core components of emotional intelligence and how they shape decision-making, team collaboration, and resilience. Leaders can cultivate trust, boost motivation, and drive team success by applying these simple and manageable steps found in the book. Far from being a weakness, empathy is a leader's greatest asset, ensuring long-term growth and workplace satisfaction.

A Korean American artist and performer, Addie Yungmee brings over 23 years of experience working with global icons such as Celine Dion, Madonna, Rihanna, and Cirque du Soleil. Through her writing, she translates her creativity, discipline, and resilience into empowering lessons for leaders and professionals alike.

Explore "Stop Overthinking Emotional Intelligent Leadership" at the LA Times Festival of Books, [Olympus Story House](#) Booth #182 (Gold Zone).

Grab a copy of Yungmee's "Stop Overthinking Emotional Intelligent Leadership: An Essential Guide to Improve Relationships & Sustain a Healthy Work-Life Balance." Now available on Amazon, Barnes & Noble, and other digital platforms.

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Elmer Alexander Teves

Olympus Story House

+1 818-860-4130

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