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**Book review: Steiner, C. (1997).
*Achieving Emotional Literacy: A
Personal Program to Increase Your
Emotional Intelligence.* London UK:
Bloomsbury Pub.**

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After reading Goleman's (1997) Emotional intelligence, I experienced the need to know how one can achieve emotional intelligence. I feel it fitting to start my review of Claude's book with a quote from Goleman, who 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). I believe that the use of emotional intelligence understanding, if well-schooled and applied, would save humanity unnecessary costs. I reiterate the old adage that 'prevention is better than cure'

I would claim further that it would suffice to teach and learn about emotional intelligence and emotional literacy and apply the skills gained thereby, as a way of preventing the need for psychotherapy – and in that manner save the various costs that are currently incurred.

Steiner provides a simple guide to how he believe a person could to achieve emotional literacy that would ensure personal power, which is derived from satisfying relationships and fruitful work. He asserts that emotional literacy is a vital component of personal power (p.3).

I believe personal power is desirable for any living being that aspires for a meaningful life that can lead to a meaningful contribution. I find Steiner's book a 'good read' because it provides a blueprint of how to attain the tools for emotional literacy as a viable tool for life skills. Emotional literacy can be used so as to enhance emotional intelligence for better performance in life.

Steiner achieves his task of leading his readers to attain emotional literacy through a skillful but simple development as he explains (i) what Emotional Literacy is (p.27) and then (ii) leads the reader to awareness of emotions through defining the roots of emotional awareness and (iii) gives an emotional awareness scale. He further clarifies how training to be emotionally literate can be achieved, so as to attain excitement that drives one to a meaningful and fulfilling life.

He then puts forward three stages that he claims would make achieving emotional literacy possible that is: (i) *Opening the Heart*; (ii) *Surveying the Emotional Landscape* – and taking responsibility through (iii) *Loving, Parenting and Working* – and thus achieving the status of *'The Emotional Warrior'*. I view emotional literacy as important in *'Espirit De Corps'* – as the essential unity and harmony created for the fulfillment of intended goals in any organisation or system that is driven by people.

I thus recommend the book for parents, educators, human resource managers and Living Theory researchers who produce explanations for their educational influence in their learning, in the learning of others and in the learning of the social formation in which they live and work (Whitehead 2008) as people that need the knowledge of *Achieving Emotional Literacy* for their lives and for those that they work with.

References

Whitehead, J. (2008). Using a living theory methodology in improving practice and generating educational knowledge in living theories. *Educational Journal of Living Theories*, 1(1) 103-126.