



**The EQ Press Announces Publication of
A Little Book to Save Humanity by Dana C. Ackley, PhD**

ROANOKE, VA, November 21, 2024 – The EQ Press today announced the publication of *A Little Book to Save Humanity* by Dana C. Ackley, PhD. In it, he distills his decades of work in Emotional Intelligence (EQ) and psychology into an accessible, enjoyable book for readers.

Ackley previously authored the extensive guide, *The EQ Leader Program*, which has been trusted by government agencies and companies worldwide. *A Little Book to Save Humanity* captures the core skills needed for effective EQ development and applies them to everyday life. The book provides engaging stories and practical advice for how to more effectively approach personal and social conflicts, race relations, and political impasses.

“I wrote this little book to have a big impact: to give us ways to save humanity from seemingly intractable challenges,” said Dr. Ackley. “My intent is to provide a calm and lucid response to the powerful conflict entrepreneurs who seek to shape our times and keep us divided.”

Based on the fascinating scientific research behind EQ, Dr. Ackley provides guidance on a broad array of human issues. He details how the evolutionary structure of the human brain can get any of us into deep trouble, and how the thoughtful use of emotions can save us.

Reid C. Thompson, MD, Chair of Neurosurgery at Vanderbilt University School of Medicine, said: “As a brain surgeon, I love this book. It is a treasure trove. Dana Ackley reminds us that the human brain is a gift and offers a guide to how we can best use it. He shines a bright light on how our brains work and how they are structured. He gives us the instruments to successfully navigate our emotions, and this just might be the key to saving humanity.”

Other respected leaders across the fields of business, psychology, and neuroscience have called *A Little Book to Save Humanity* “a must read,” “invaluable,” “a much-needed reminder of how to reclaim our humanity,” and a resource that “promises to profoundly change our world.”

The distinguished *Kirkus Reviews* noted that Dr. Ackley's "bite-sized guide" to EQ contains lessons "not only important for one's personal well-being, but vital for the success of us all."

A Little Book to Save Humanity is only about 100 pages and is supported by online resources and exercises to develop EQ skills. It is available everywhere books are sold or directly from The EQ Press at www.theEQpress.com.

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