



## Experiential Intelligence

Harness the Power of Experience for Personal and Business Breakthroughs

by Soren Kaplan



Non-Fiction - Business/Finance

264 Pages

Reviewed on 04/15/2023

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## Book Review



### Reviewed by Pikasho Deka for Readers' Favorite

Our past experiences shape our mindset and tremendously impact how we perceive, analyze, and approach any event or situation in our lives. Despite being raised in a dysfunctional home, Soren Kaplan went on to become the leader of a strategy team of a Fortune 500 corporation in Silicon Valley. In this thought-provoking guidebook, *Experiential Intelligence*, Kaplan showcases how XQ (Experiential Intelligence) relates to IQ and EQ (Emotional Intelligence), providing tools and strategies for us to help nurture and develop our XQ and apply it in our personal and professional lives in the context of leadership, teams, and communities. It also shows you how to identify the collective experience and impact of the past in the context of your community, team, or organization and helps you foster leadership abilities amidst disruptive environments.

At the end of each chapter, Soren Kaplan provides key messages that outline and overview the contents of the relative chapter. *Experiential Intelligence* offers tools and practices to help us recognize and tap into opportunities by drawing on the strengths we've accumulated through our past experiences. You will learn to create new experiences, develop abilities, scale Experiential Intelligence, and foster positive relationship loops. Presented with meticulous organization and a keen eye for detail, the contents are accessible and easy to grasp. Kaplan's insights and practices are also applicable in the real world, which is my biggest compliment. Highly recommended.