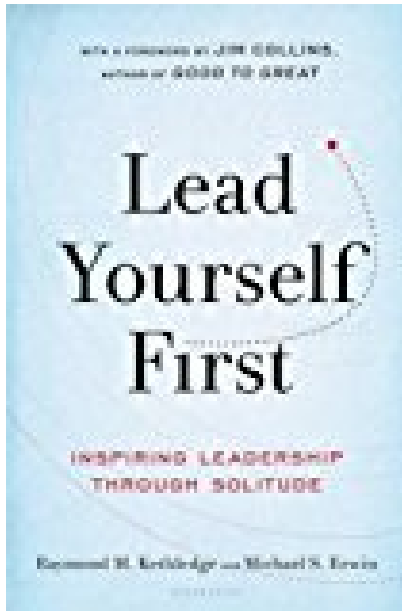


Lead Yourself First Inspiring Leadership Through Solitude



BOOK DETAILS

- Author : Raymond M. Kethledge
- Pages : 240 Pages
- Publisher : Bloomsbury USA
- Language : English
- ISBN : 1632866315



BOOK SYNOPSIS

Famous leaders have long used solitude as means for inspiration. Solitude is a state of mind, a space in which to focus on ones own thoughts without distraction, with a unique power to bring mind and soul together in clear-eyed conviction. In our time-challenged world today, such space is ever more important to leaders, and increasingly difficult to find. We are losing solitude without even realizing it. Lead Yourself First will inspire leaders to spend time alone. Through firsthand interviews with a wide range of contemporary leaders in politics, business, sports, the military, and family life, as well as through illuminating historical accounts of Abraham Lincoln, Jane Goodall, Pope John Paul II, Aung San Suu Kyi, and others, leadership experts Raymond Kethledge and Michael Erwin show how solitude can improve clarity and bolster creativity; generate the emotional balance needed to sustain certainty and the moral courage required to challenge convention; and strengthen a leaders ability to make courageous decisions in the face of adversity and criticism. In years past, leaders used solitude subconsciously; today it takes a conscious choice to unplug from ones daily life. Introduced by Jim Collins (author of the bestseller Good to Great), Lead Yourself First is a crucial and timely guide, a rallying cry for how leaders can reclaim the power of solitude in todays over-connected world.

LEAD YOURSELF FIRST INSPIRING LEADERSHIP THROUGH SOLITUDE -

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