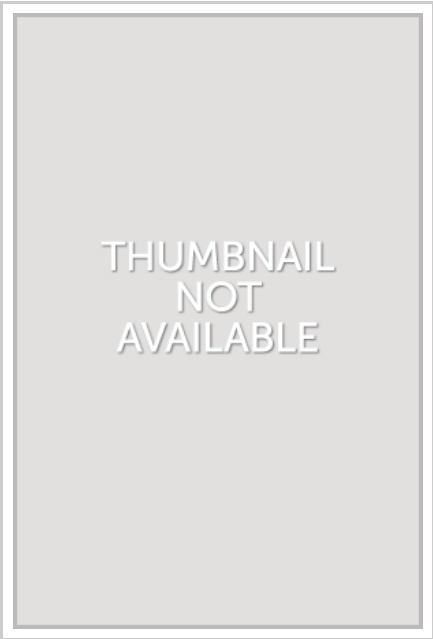


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The Mindfulness Edge: How to Rewire Your Brain for Leadership and Personal Excellence Without Adding to Your Schedule (Hardback)

By Matt Tenney, Tim Gard

John Wiley Sons Inc, United States, 2016. Hardback. Book Condition: New. 1. Auflage. 239 x 177 mm. Language: English . Brand New Book. The one habit that can improve almost every leadership skill There is a simple practice that can improve nearly every component of leadership excellence and it doesn t require adding anything to your busy schedule. In The Mindfulness Edge, you ll discover how a subtle inner shift, called mindfulness, can transform things that you already do every day into opportunities to become a better leader. Author Matt Tenney has trained leaders around the world in the practice of mindfulness. In this book, he partners with neuroscientist Tim Gard, PhD, to offer step-by-step, practical guidance for quickly and seamlessly integrating mindfulness training into your daily life rewiring your brain in ways that improve both the hard and soft skills of leadership. In this book, you ll learn how mindfulness training helps you: * Quickly improve business acumen and your impact on the bottom line * Become more innovative and attract/retain innovative team members * Develop the emotional intelligence essential for creating and sustaining a winning culture * Realize the extraordinary leadership presence that inspires greatness in others The...

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