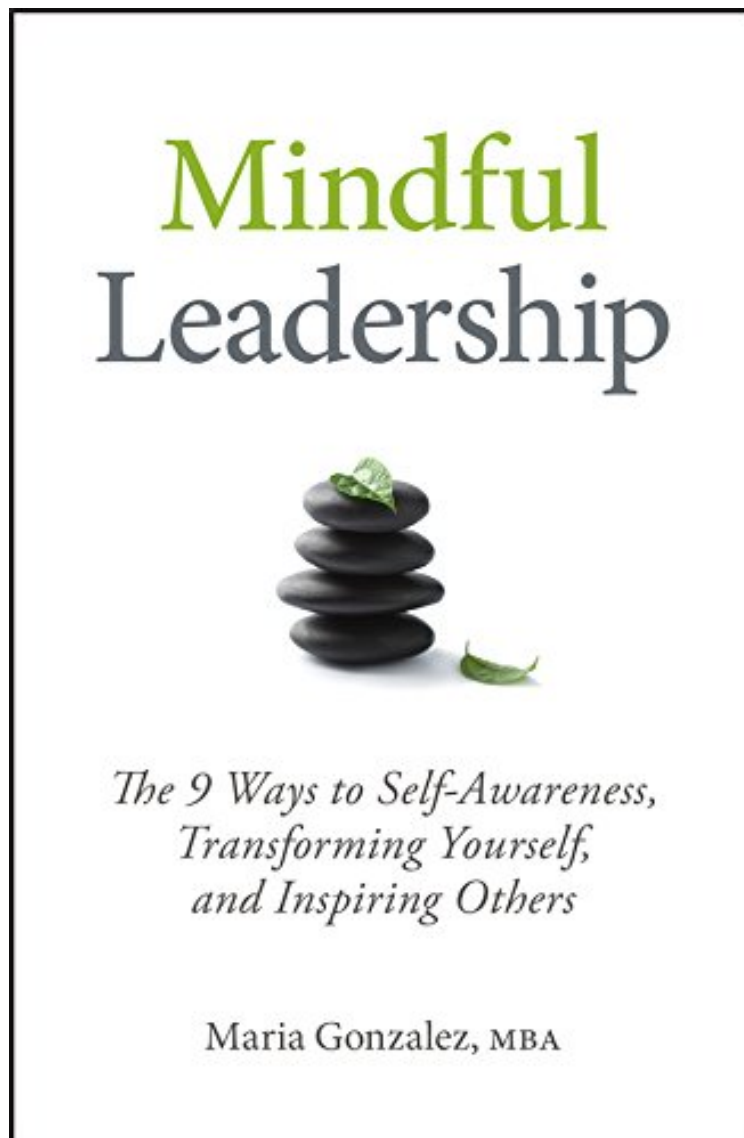


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# Mindful Leadership: The 9 Ways to Self-Awareness, Transforming Yourself, and Inspiring Others

Maria Gonzalez

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**Maria Gonzalez : Mindful Leadership: The 9 Ways to Self-Awareness, Transforming Yourself, and Inspiring Others** before purchasing it in order to gage whether or not it would be worth my time, and all praised Mindful Leadership: The 9 Ways to Self-Awareness, Transforming Yourself, and Inspiring Others:

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Paulina Everyone should read this beautiful and very practical book! I finally understood the importance of Mindfulness and how it helps you stay connected with yourself and with others!!! Great book! 0 of 0 people found the following review helpful. Improve Your Life at Home and Work By keileidh Maria Gonzalez writes a "Western" book for those who were not raised in the 8-Fold Path. This book is aimed at the workplace, and how to effectively implement mindfulness to improve performance and enhance communication. I am always curious to look at other perspectives regarding the practices I have followed all my life, and this book does not disappoint. These methods are clinically tested and proven so give it a go! 8 of 9 people found the following review helpful. Radical Mind Shift By Dave O The book claims to be about leadership but the ideas can be applied to all situations and is valuable reading for anyone. At first I was tempted to dismiss the suggestions in the book as they are very radical, especially to those of us in the developed western world; many of the ideas appear to come from Buddhist meditation techniques. The more I read, however, the ideas made sense and their application could make me more effective in my business and personal life. It is not easy to apply these concepts and it will require hours of work but I think that it will be worth the effort. I would recommend this book to anyone who wants to be more effective in their daily life; whether they are in a leadership role or not. The book is clear and easy to read.

Become a true leader through Mindfulness If you thought leading a team or organization meant simply creating and implementing a financial plan, delegating responsibility, and watching the bottom line, well, you're only partly right. True leadership comes from within, a place of deep calm and focus, that allows you to respond to any situation as it arises. In *Mindful Leadership*, you'll learn how to draw on those inner reserves through Mindfulness Meditation, a tool you can use to achieve focus and clarity, reduce stress, and develop the presence of mind to meet any number of challenges. The book opens up a world of meditation exercises that can be done anywhere, anytime (no chanting or patchouli required!) and that are the gateway to improved judgment and decision making, improved time management, enhanced team effectiveness, greater productivity, and more on-the-job inspiration and innovation. Details the nine ways in which leaders can incorporate Mindfulness into every aspect of their lives Illustrates how meditation and business actually do mix Essential for anyone interested in anticipating and serving client needs The author coaches executives throughout North America and is quoted widely in the media Offering essential skills for both life and work, *Mindful Leadership* shows how it's possible to successfully lead a team, an entire organization; or just yourself.

From the Inside Flap Meditation and Business Do Mix...Scented Candles Not Required Effective leaders are self aware and empower those they influence to achieve their potential. *Mindful Leadership* is a guide to leadership that starts with the self--for business people, members of the public service, professionals, and anyone else in a position to influence others. Maria Gonzalez shows you how to use a single tool--Mindfulness meditation--to achieve clarity, focus, and self-awareness, enabling you to transform yourself and achieve positive results by inspiring those you lead. In this book, you will learn how to use mindfulness to: Achieve greater concentration and productivity Reduce the stresses in your life and manage those that remain Become resilient and sustain high performance over the long term Anticipate and serve stakeholder needs, communicate better, and increase team effectiveness Stay focused on what matters and remain level-headed about what you can't control Create calm and focus, see clearly under stressful conditions, and make better decisions Mindfulness is a process of training the mind that anyone can follow, and *Mindful Leadership* provides simple techniques you can use anytime, anywhere, to improve yourself as a leader. Beginning with the simple act of being fully present, mindfulness opens up the 9 ways to become more effective in every aspect of life. From the Back Cover *Mindful Leadership* Meditation and Business Do Mix...Scented Candles Not Required Effective leaders are self aware and empower those they influence to achieve their potential. *Mindful Leadership* is a guide to leadership that starts with the self for business people, members of the public service, professionals, and anyone else in a position to influence others. Maria Gonzalez shows you how to use a single tool Mindfulness meditation to achieve clarity, focus, and self-awareness, enabling you to transform yourself and achieve positive results by inspiring those you lead. In this book, you will learn how to use mindfulness to: Achieve greater concentration and productivity Reduce the stresses in your life and manage those that remain Become resilient and sustain high performance over the long term Anticipate and serve stakeholder needs, communicate better, and increase team effectiveness Stay focused on what matters and remain level-headed about what you can't control Create calm and focus, see clearly under stressful conditions, and make better decisions Mindfulness is a process of training the mind that anyone can follow, and *Mindful Leadership* provides simple techniques you can use anytime, anywhere, to improve yourself as a leader. Beginning with the simple act of being fully present, mindfulness opens up the 9 ways to become more effective in every aspect of life. About the Author VANESSA HART is recognized as one of the top voice actors in the country. An award-winning voice-over artist and actor, Vanessa has voiced over 500 national commercials, promos for national television, and has narrated dozens of audio books. She comes from a professional theatre background. Vanessa was recognized as a Voicey finalist in 2009 for Best Female Voice, and was also a 2008 finalist for the esteemed Audie award. She works out of her state-of-the-art home studio in Los Angeles, and her

kittens love nothing more than a good story.