



## Hot Yoga, Coconut Water and Eustress 10 Strategies for Bringing Intention to Your Leadership Practice

By DeEtta Jones

Shared Pen LLC. Paperback. Book Condition: New. Paperback. 66 pages. Dimensions: 8.5in. x 5.5in. x 0.2in. This book includes excerpts from some of my most popular blog posts, presentations and other writing, along with new ideas and material. It is meant to stimulate your thinking about each strategy then give you structured guidance on how to incorporate the strategy into your intentional leadership practice. I use the term leadership practice as analogous to a yoga practice, or pursuit of excellence in and mastery in any field or area of life. The assumption is that leadership, like yoga, piano, sculpting or healthy living, is something that you: 1) make commitment to, 2) incorporate structured practice into your routine and 3) pursue unwaveringly over time. Some days performance will be better than others, of course. You are not seeking perfect outcomes all the time, but perfect practice. As you read, think about times in your life that mirror the hectic scenario presented above and ways in which you might intervene on your own behalf. No one else will do this for you. Leadership is a choice. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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