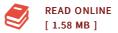




Mindful Leadership for Dummies (Paperback)

By Juliet Adams

John Wiley Sons Inc, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. The easy way to become a more mindful leader Want to become a more mindful leader? With Mindful Leadership For Dummies, you II find accessible and authoritative guidance for cultivating focus, clarity, and creativity from within your colleagues. Packed full of useful tips, this friendly how-to guide will help you incorporate mindfulness in your leadership style to manage and reap the benefits of a more attentive working life all while nurturing compassion in the service of others. You II discover how mindfulness can help improve decision-making and communication skills, manage modern workday challenges, and so much more. Mindful leadership is currently a high-trending topic in the self-help/business world, making headlines in such prominent publications as Forbes, Time magazine and The Guardian, and even earning a dedicated blog on Huffington Post. And all for good reason the benefits of practicing mindfulness in the workplace are far-reaching, and as we begin to uncover more research that supports its effectiveness, it s no wonder business leaders are jumping aboard this positive bandwagon. * Includes tips on incorporating mindfulness into your leadership style * Shows you how mindfulness...



Reviews

A whole new eBook with a brand new viewpoint. Yes, it is perform, continue to an interesting and amazing literature. You wont truly feel monotony at whenever you want of the time (that's what catalogs are for concerning should you ask me).

-- Margie Jaskolski

Undoubtedly, this is actually the greatest job by any author. This can be for those who statte there was not a worthy of studying. I am delighted to inform you that this is actually the greatest publication i actually have read within my very own daily life and could be he greatest book for ever. -- Perry Reinger

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HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em, Greg Behrendt, Amiira Ruotola-Behrendt, A fabulous new guide to dating co-authored by Greg Behrendt, former writer on...

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Your Pregnancy for the Father to Be Everything You Need to Know about Pregnancy Childbirth and Getting Ready for Your New Baby by Judith Schuler and Glade B Curtis 2003 Paperback Book Condition: Brand New. Book Condition: Brand New.

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Dog on It! - Everything You Need to Know about Life Is Right There at Your Feet

14 Hands Press, United States, 2013. Paperback. Book Condition: New. 198 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****. Have you ever told a little white lie? Or maybe a bigger one that wasn t even white?...

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A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half Createspace, United States, 2014. Paperback. Book Condition: New. 251 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.The ultimate learn-by-doing approachWritten for beginners, useful for experienced developers who want to sharpen their skills and don t mind...

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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 24 pages. Dimensions: 9.9in. x 8.0in. x 0.2in.Instantly start telling stories with kids. Great for spontaneous storytelling or for creative writing lessons. Super simple storytelling formula and...