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Empathetic Design Chapter 5: Developing Extraordinary Leadership Presence Staying Cool Under Pressure Fearlessness The Most Important Aspect of Leadership Presence Review Questions Chapter 6: Why Mindfulness Is the Ultimate Success Habit Two Life-Changing Discoveries The Power of Serving Others Unconditional Happiness The Study of Happiness Happiness Is Good for Business Happiness Is Predetermined, Kind Of (But You Can Change That) The Ultimate Success Habit? Review Questions Part 2: Developing the Ultimate Success Habit Chapter 7: The Perfection of the Present Moment Beginning to Practice in Daily Life The Brain Is A Habitual Machine The First Step to Unconditional Happiness A Win-Win-Win Paradigm Shift Review Questions Chapter 8: The Power of Sitting Still Seamlessly Integrating the Training Into Daily Life A Beginner's Guide to Sitting Still in Mindfulness An Intermediate-Level Guide to Sitting Still in Mindfulness Spilling Over Into Activity Review Questions Chapter 9: Four Hours to Four Minutes: Mastering Emotions for Optimal Performance Mindfulness of Emotions A Ride on the River of Emotions Review Questions Chapter 10: The Wisdom of True Excellence Things Aren't As They Seem An Incredible Discovery You're Not What You Think Wisdom Vs. Knowledge The Interplay Between Stable Awareness and Wisdom Review Questions Chapter 11: Extraordinary Leadership Presence and the Final Piece of the Puzzle of Unconditional Happiness Pain Is Inevitable, Suffering Is Optional A Taste of Liberation More Fully Enjoying What's Pleasant That Darn Wisdom Again The Root Cause of Suffering Review Questions Chapter 12: Advanced-Level Training The Best Movie Ever Brutal, Compassionate Honesty Investigation of Phenomena Fearlessness Managing Change Seeing Opportunities No One Else Sees Just Listening The Power of Doing Nothing Review Questions Chapter 13: The Foundations of Wisdom: Physical Training for Character The Foundations of Wisdom Foundation of Wisdom #1 - Integrity Foundation of Wisdom #2 - Skillful Communication Foundation of Wisdom #3 - Wise Consumption Foundation of Wisdom #4 - Generosity Foundation of Wisdom #5 - Kindness Your Personal Core Values Review Questions Chapter 14: Discovering Incredible Meaning at Work, and In Your Time Away from Work A Purposeful Paradigm Shift Saving the World On Your Way to The Bathroom Review Questions Appendix 1 - Dr. Gard How we study the brain What can we see in the brain? Appendix 2: Dr. Gard Notes About the Authors Index .

Sommario/riassunto

"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 authors make a compelling case for why mindfulness training may be the 'ultimate success habit.' In addition to helping you improve the most essential elements of highly effective leadership, mindfulness training

can help you discover unconditional happiness and realize incredible meaning--professionally and personally"--

"The Ultimate Success Habit is an in-depth exploration of the benefits of mindfulness training with a very clear and persuasive value proposition: the practice can actually rewire the brain in ways that improve nearly every area of leadership (see the draft of the introduction below for more detail). The book is also a practical how-to manual for seamlessly integrating mindfulness training into daily life without adding anything to our already busy schedules. Mindfulness training has been shown through extensive research to not only change the brain in ways that are important for leadership, but that also allow us to be happier, more compassionate human beings -- the ultimate goals of human existence"--
