



# Total Leadership: Be a Better Leader, Have a Richer Life

*Stewart D. Friedman*

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Be innovative: Act with creativity by experimenting to find new solutions

With engaging examples and clear instruction, Friedman provides more than thirty hands-on tools for using these proven principles to produce stronger business results, find clearer purpose in what you do, feel more connected to the people who matter most, and generate sustainable change.

Most leadership development books focus only on your professional skills, while books about personal growth concentrate on your needs beyond work. Total Leadership is a unique and long-awaited resource that shows how to win in all domains of life.

## From the Book Jacket

In the future, being a leader will require ways to integrate work with the rest of one's life, resulting in more effective leadership and a more fulfilling life. *Total Leadership* points the way.-- **Robert Reich**, Professor, University of California at Berkeley, former US Secretary of Labor, and author, *Supercapitalism*

Destined to be a classic, this is a remarkable book. I have studied leadership and led organizations for over twenty years. No other book has reshaped my thinking about leadership development as much as Total Leadership. -- **David A. Thomas**, Dean, Georgetown University McDonough School of Business, and author, *Breaking Through: The Making of Minority Professionals in Corporate America*

With a refreshingly simple approach to winning the daily struggle between family bliss and career satisfaction, Stew Friedman outline clear and innovative solutions for better managing the competing demands of our lives. Engaging and inspiring.-- **Anne Erni**, Head of Leadership, Learning and Diversity at Bloomberg

It is difficult to translate the dynamic process of learning into the pages of a book, but Stew Friedman has done it! When we become more intentional leaders, it benefits every facet of our lives: our work, our families, our community connections, and, at the deepest level, ourselves.-- **Ellen Galinsky**, President, Families and Work Institute

Total Leadership will help you build a life, not just a sum. Stew Friedman has written the owners manual for all types of leaders, young and old, who aspire to both professional success and personal fulfillment.

-- **Tom Tierney**, Chairman and Cofounder, The Bridgespan Group, and former CEO, Bain and Company, author, *Give Smart*


As the pace of business continues to race forward at lightening speed, Stew Friedman offers us an innovative and sustainable model for successful leadership. Total Leadership provides a unique proposition for individuals who strive to be their very best both personally and professionally.

-- **Dave Lissy**, CEO, Bright Horizons Family Solutions

Total Leadership is so aligned with my thinking as an HR executive and medical director of a global business. With practical tools and compelling stories, Friedman demonstrates how to achieve four-way wins a distinctive, important new concept for today's leaders. --**Dr. Robert W. Carr**, Vice President and Corporate Medical Director, GlaxoSmithKline

Stew Friedman absolutely gets it. He is both a visionary and a much-needed advocate for a new kind of total leadership in the twenty-first century. What an empowering book! -- **Janet Hanson**, Founder, 85 Broads

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