



The Mindful Leader: Awakening Your Natural Management Skills Through Mindfulness Meditation

Michael Carroll

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In *The Mindful Leader*, Michael Carroll focuses on ten key principles of mindfulness and how they apply to leading groups and organizations, addressing a range of topics along the way, including how to:

- heal the “toxic workplace,” where anxiety and stress impede performance
- cultivate courage and confidence in the face of workplace difficulties
- pursue organizational goals without neglecting what’s happening here and now
- lead with wisdom and gentleness, not just with ambition and power
- start a personal meditation practice to develop your innate leadership talents

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