

CAPTURING GOOD STRESS ON THE LEADERSHIP BATTLEFIELD

A LEADER'S GUIDE FOR BECOMING MORE RESILIENT AND PRODUCTIVE WITH STRESS

Steven C. German, Ph.D.

What do readers say about this book?

The challenges and needs for effective leadership across the array of organizations in both the private and public sectors have never been greater. The obstacles are many with the dynamic of stress in the daily lives of leaders perhaps the greatest of these. In this fine publication, Dr. German has provided insights as to how best to channel stress emanating from its many sources towards the attainment of leadership excellence. The path laid out is at once practical and personalized. Readability is enhanced by the clever use of characters and dialogue that inject warmth and humor into the passages of the book. Dr. German has done a first class job in researching tools that work and in shaping these into a framework that readers will find quite engaging.

John A. Kahwaty, Managing Director,
Global Atlantic Partners

What a fun and creative way to be reminded of how good personal and interpersonal practices can be applied to managing the stress that comes with leadership. Sometimes that which is basic can be profound and this book does an excellent job of conveying simply in an entertaining way what can be done by leaders to ensure they become resilient while addressing the many stressful challenges faced within their organizations on a daily basis. This book will be a good one for leaders to check in with periodically as a reminder that there is a more rewarding and productive, as well as healthier way, to handle the business of the leadership role.

Lynne Sanders, Senior Vice President, Sales,
Prestone Media Group

This book provides an entertaining and thorough review of sensible strategies that can be used by leaders to make their role and the work of others associated with them healthier and more rewarding. While reading the book I realized the suggested strategies would benefit those in a subordinate role as well. Incorporating these interpersonal tactics into an ongoing dialogue between leaders and the individuals who support them could help create a more productive environment for everyone in the organization.

J. Scott Darwin, Ph.D., Distinguished Professor of German (Emeritus),
Arkansas State University

What do readers say about this book (continued)?

Dr. German has chosen the unique and engaging forum of a series of training sessions among a team of leaders for presenting a thorough review of practical ideas and strategies which can reduce stress to the point it can be a productive force. The fact that these tools are available should give leaders the encouragement needed to keep moving ahead during those challenging and stressful periods which come with their role. I finished reading this book feeling as if I became close to a group of colleagues and together we had figured out a way to make our leadership roles more rewarding and productive. A good read!

Mary Mello, Preschool Director,
Plymouth, MA Public Schools

Dr. German has created a unique path to the mastering of leadership skills. By using fiction dialogue to convey the results of his sound professional research, he has produced a work that is profoundly enlightening and highly entertaining. The range of his characters is so comprehensive that the book is bound to strike a chord with virtually any reader who is trying to enhance his or her skills as a leader in an organization. And the work is so engaging that when I finished it I felt saddened that I was saying farewell to the colorful people who populated its pages. Dr. German has contributed a remarkable addition to the literature of its field.

Stephen G. Young, President,
Crisp Copywriter Communication Services