



Total Leadership: Be a Better Leader, Have a Richer Life (With New Preface)

Stewart D. Friedman

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In this engaging adaptation of his hands-on Wharton course, he offers step-by-step instruction to help you create positive, sustainable change in your world. This proven, programmatic method teaches you how to produce stronger results at work, find clearer purpose, feel less stressed, strengthen connections with the people who matter most to you, contribute further to important causes, and gain greater support for your vision of your future. If you’re ready to learn to lead in all parts of your life—this is the book for you.

For a full array of *Total Leadership* tips and tools, visit totalleadership.org. Also look for Stew Friedman’s book, *Leading the Life You Want*, which builds on *Total Leadership* by profiling well-known leaders—from Bruce Springsteen to Michelle Obama—who exemplify its principles and demonstrate how success in your work is accomplished not at the expense of the rest of your life, but as the result of meaningful attachments to all its parts.

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