

# Sandy Tush

## *Leading Self*

### **The Power of Full Engagement**—Jim Loehr, Tony Schwartz

As Jim Loehr and Tony Schwartz demonstrate in their groundbreaking *New York Times* bestseller, managing energy, not time, is the key to enduring high performance as well as to health, happiness, and life balance. Their Full Engagement Training System is grounded in twenty-five years of working with great athletes -- tennis champ Monica Seles and speed-skating gold medalist Dan Jansen, to name just two -- to help them perform more effectively under brutal competitive pressures. Now this powerful, step-by-step program will help you to:

1. Mobilize four key sources of energy
2. Balance energy expenditure with intermittent energy renewal
3. Expand capacity in the same systematic way that elite athletes do
4. Create highly specific, positive energy management rituals

*The Power of Full Engagement* is a highly practical, scientifically based approach to managing your energy more skillfully. It provides a clear road map to becoming more physically energized, emotionally connected, mentally focused, and spiritually aligned -- both on and off the job.  
ISBN-10: 0743226755

### **Switch: How to Change Things When Change is Hard**—Chip Heath, Dan Heath

Why is it so hard to make lasting changes in our companies, in our communities, and in our own lives?

The primary obstacle is a conflict that's built into our brains, say Chip and Dan Heath, authors of the critically acclaimed bestseller *Made to Stick*. Psychologists have discovered that our minds are ruled by two different systems—the rational mind and the emotional mind—that compete for control. The rational mind wants a great beach

body; the emotional mind wants that Oreo cookie. The rational mind wants to change something at work; the emotional mind loves the comfort of the existing routine. This tension can doom a change effort—but if it is overcome, change can come quickly.

ISBN-10: 0385528752

### **Outliers**—Malcolm Gladwell

In this stunning new book, Malcolm Gladwell takes us on an intellectual journey through the world of "outliers"—the best and the brightest, the most famous and the most successful. He asks the question: what makes high-achievers different? His answer is that we pay too much attention to what successful people are like, and too little attention to where they are from: that is, their culture, their family, their generation, and the idiosyncratic experiences of their upbringing. Along the way he explains the secrets of software billionaires, what it takes to be a great soccer player, why Asians are good at math, and what made the Beatles the greatest rock band.

ISBN-10: 0316017922

### **The One-Year Uncommon Life Daily Challenge**—Tony Dungee

Strengthen the core of your life and faith on a year-long journey with beloved Super Bowl-winning former head coach Tony Dungy! The One Year Uncommon Life Daily Challenge contains 365 reflections from the #1 New York Times bestselling author on living an "uncommon life" of integrity, honoring your family and friends, creating a life of real significance and impact, and walking with the Lord. This year, step up to the challenge—and dare to be uncommon every day.  
ISBN-10: 1414348282

### **Live, Learn, Lead**—Don Soderquist

In *Live, Learn, Lead to Make a Difference*, Don in his passionate and intentional manner will help direct readers with valuable strategies to help them become better leaders with values of integrity and ethics to learn how to make a difference with those around them in the workplace and in other

areas of their life. "In order to lead effectively, a person must first know how to live to make a difference in their own life, learn how to make a difference in other people's lives, and most importantly lead to make a difference through ethics and integrity that exemplify God's highest and best," Don Soderquist.  
ISBN-10: 1404101497

### **Everyone Communicates, Few Connect**—John C. Maxwell

The world's most respected leadership expert gives five principles and five practices for breaking the invisible barrier to leadership and personal success. You have a good idea but can't convince your peers of its merit. You crafted a groundbreaking

strategy, but the team trudges on in the same old way. Certain people move forward in their career while you seem to be stuck. If this describes you or someone you know, the problem is not the quality of what you have to offer. The problem is how you connect with people to create the results you desire. In *Everyone Communicates, Few Connect*, John Maxwell takes readers through the Five Connecting Principles and the Five Connecting Practices of top-notch achievers. He believes that a person's ability to create change and results in any organization—be it a company, church, nonprofit, or even a family—is directly tied to the ability to use the teachings of this book.  
ISBN-10: 0785214259

## *Leading Others*

### **Influencer**—Kerry Patterson, Joseph Grenny, David Maxfield, Ron McMillan, Al Switzler

Whether you're a CEO, a parent, or merely a person who wants to make a difference, you probably wish you had more influence with the people in your life. But most of us stop trying to make change happen because we believe it is too difficult, if not impossible. We develop complicated coping strategies when we should be learning the tools and techniques of the world's most influential people.  
ISBN-10: 007148499X

### **Crucial Confrontations**—Kerry Patterson, Joseph Grenny, Ron McMillan, Al Switzler

Discover skills to resolve touchy, controversial, and complex issues at work and at home—now available in this follow-up to the internationally popular *Crucial Conversations*.

Behind the problems that routinely plague organizations and families, you'll find individuals who are either unwilling or unable to deal with failed promises. Others have broken rules, missed deadlines, failed to live up to commitments, or just plain behaved badly—and nobody steps up to the issue. Or they do, but do a lousy job and create a whole new set of problems. Accountability suffers and new problems spring up. New research demonstrates that these disappointments aren't just irritating, they're costly—sapping organizational performance by twenty to fifty percent and accounting for up to ninety percent of divorces.

*Crucial Confrontations* teaches skills drawn from 10,000 hours of real-life observations to increase confidence in facing issues like:

1. An employee speaks to you in an insulting tone that crosses the line between sarcasm and insubordination. Now what?
2. Your boss just committed you to a deadline you know you can't meet—and not-so-subtly hinted he doesn't want to hear complaints about it.
3. Your son walks through the door sporting colorful new body art that raises your blood pressure by forty points. Speak now, pay later.
4. An accountant wonders how to step up to a client who is violating the law. Can you spell unemployment?
5. Family members fret over how to tell granddad that he should no longer drive his car. This is going to get ugly.
6. A nurse worries about what to say to an abusive physician. She quickly remembers "how things work around here" and decides not to say anything.

Everyone knows how to run for cover, or if adequately provoked, step up to these confrontations in a way that causes a real ruckus. That we have down pat. *Crucial Confrontations* teaches you how to deal with violated expectations in a way that solves the problem at hand, and doesn't harm the relationship—and in fact, even strengthens it.  
ISBN-10: 0071446524

**If You Want It Done Right, You Don't Have to Do It Yourself**—Donna M. Genett

In this delightful, quick-to-read, business-management allegory, Donna M. Genett, Ph.D., uses an entertaining narrative about identical cousins, James and Jones, to introduce her successful six-step program for effective delegation. Whether you are the one delegating or you wish to help your boss become a better delegator, these six simple steps are guaranteed to lighten your workload and give you more time to focus on what's really important—on and off the job.

ISBN-10: 1884956327

**Dignity: *The Essential Role It Plays in Resolving Conflict***—Donna Hicks

The desire for dignity is universal and powerful. It is a motivating force behind all human interaction—in families, in communities, in the business world, and in relationships at the international level. When dignity is violated, the

response is likely to involve aggression, even violence, hatred, and vengeance. On the other hand, when people treat one another with dignity, they become more connected and are able to create more meaningful relationships. Surprisingly, most people have little understanding of dignity, observes Donna Hicks in this important book. She examines the reasons for this gap and offers a new set of strategies for becoming aware of dignity's vital role in our lives and learning to put dignity into practice in everyday life.

Drawing on her extensive experience in international conflict resolution and on insights from evolutionary biology, psychology, and neuroscience, the author explains what the elements of dignity are, how to recognize dignity violations, how to respond when we are not treated with dignity, how dignity can restore a broken relationship, why leaders must understand the concept of dignity, and more. Hicks shows that by choosing dignity as a way of life, we open the way to greater peace within ourselves and to a safer and more humane world for all.

ISBN-10: 0300163924

## *Strengthening Team*

**Multipliers**—Liz Wiseman, Greg McKeown

In this engaging and highly practical book, leadership expert Liz Wiseman and management consultant Greg McKeown explore these two leadership styles, persuasively showing how Multipliers can have a resoundingly positive and profitable effect on organizations—getting more done with fewer resources, developing and attracting talent, and cultivating new ideas and energy to drive organizational change and innovation.

ISBN-10: 0061964395

**Five Dysfunctions of a Team**—Patrick Lencioni

In *The Five Dysfunctions of a Team* Patrick Lencioni once again offers a leadership fable that is as enthralling and instructive as his first two best-selling books, *The Five Temptations of a CEO* and *The Four Obsessions of an Extraordinary Executive*. This time, he turns his

keen intellect and storytelling power to the fascinating, complex world of teams.

Kathryn Petersen, Decision Tech's CEO, faces the ultimate leadership crisis: Uniting a team in such disarray that it threatens to bring down the entire company. Will she succeed? Will she be fired? Will the company fail? Lencioni's utterly gripping tale serves as a timeless reminder that leadership requires as much courage as it does insight.

Throughout the story, Lencioni reveals the five dysfunctions which go to the very heart of why teams even the best ones—often struggle. He outlines a powerful model and actionable steps that can be used to overcome these common hurdles and build a cohesive, effective team. Just as with his other books, Lencioni has written a compelling fable with a powerful yet deceptively simple message for all those who strive to be exceptional team leaders.

ISBN-10: 04708938

# Leading the Organization

## **Leadership Pipeline, 2<sup>nd</sup> edition**—Ram Charan, Stephen Drotter, James Noel

In business, leadership at every level is a requisite for company survival. Yet the leadership pipeline - - the internal strategy to grow leaders -- in many companies is dry or nonexistent. Drawing on their experiences at many Fortune 500 companies, the authors show how organizations can develop leadership at every level by identifying future leaders, assessing their corporate confidence, planning their development, and measuring their results. They integrate the leadership development process with a succession planning process for a proven system that enables companies to constantly renew their pipeline without having to overspend for outside talent. Their comprehensive breakdown of the six primary leadership transitions in the pipeline apply to almost any company structure. The new edition will have a new foreword and preface; chapters will each have new "Observations from the Field Sections" with updates to the model, new stories and additional advice and a "Frequently Asked Questions" section. In sum they have added 25% new material.

ISBN-10: 0470894563

## **The Effective Executive in Action**—

Peter F. Drucker, Joseph A. Maciariello

*The Effective Executive in Action* is a journal based on Peter F. Drucker's classic and preeminent work on management and effectiveness -- *The Effective Executive*. Here Drucker and Maciariello provide executives, managers, and knowledge workers with a guide to effective action -- the central theme of Drucker's work. The authors take more than one hundred readings from Drucker's classic work, update them, and provide provocative questions to ponder and actions to take in order to improve your own work. Also included in this journal is a space for you to record your thoughts for later review and reflection. *The Effective Executive in Action* will teach you how to be a better leader and how to lead according to the five main pillars of Drucker's leadership philosophy.

ISBN-10: 0060832622

## **The Wal-Mart Way**—Don Soderquist

Since Sam Walton's death in 1992, Wal-Mart has gone from being the largest retailer in the world to holding the top spot on the Fortune 500 list as the

largest company in the world. Don Soderquist, who was senior vice chairman during that time, played a crucial role in that success. Sam Walton said, "I tried for almost twenty years to hire Don Soderquist . . . But when we really needed him later on, he finally joined up and made a great chief operating officer." Responsible for overseeing many of Wal-Mart's key support divisions, including real estate, human resources, information systems, logistics, legal, corporate affairs, and loss prevention, Soderquist stayed true to his Christian values as well as Wal-Mart's distinct management style. "Probably no other Wal-Mart executive since the legendary Sam Walton has come to embody the principles of the company's culture-or to represent them within the industry-as has Don Soderquist," Discount Store News once reported.

In *The Wal-Mart Way*, Soderquist shares his story of helping lead a global company from being a \$43 billion company to one that would eventually exceed \$200 billion. Several books have been written about Wal-Mart's success, but none by the ones who were the actual players. It was more than "Everyday Low Prices" and distribution that catapulted the company to the top. The core values based on Judeo-Christian principles-and maintained by leaders such as Soderquist-are the real reason for Wal-Mart's success.

ISBN-10: 0785261192

## **Five Temptations of a CEO**—Patrick Lencioni

Any executive can learn how to:

1. recognize the mistakes that leaders can make
2. avoid errors before they occur
3. and much more!

Refreshingly original and utterly compelling, the story of this executive (written to be read in one sitting) will be enjoyed, remembered, and reread for years to come. It serves a timeless and potent reminder that success as a leader can come down to practicing a few simple behaviors—behaviors that are painfully difficult for each of us to master.

You won't find any dry management rhetoric in this razor-sharp novelette. Apply these riveting lessons in leadership with the self-assessment at the end of the book. It will change your career!  
ISBN-10: 0787944335

# *Favorite Running Song*

**“God With Us”**—Mercy Me

It has perfect running tempo (180 bpm)  
and inspiring lyrics.