



# Mastering Self-Leadership: Empowering Yourself for Personal Excellence (5th Edition)

By Charles P. Manz, Christopher C. Neck

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**KEY BENEFIT:** The unique approach of this book teaches students to lead others by first learning to lead themselves! Mastering Self-Leadership is a comprehensive self-help guide that is thoroughly grounded in sound principles and research. Powerful advice and tools emphasize that proper self-leadership is a precursor for the effective leadership others. Mastering Self-Leadership explores methods for achieving personal goals using self-assessment, self-reward, self-talk, mental imagery, team-think, and other cutting-edge concepts. The fifth edition has been updated to reflect the latest research. It retains the previous, unique focus and adds new information on emotions.

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A unique self-help book that teaches managers how to lead others by first teaching them how to lead themselves. Grounded in sound principles and research, this book leads students through a series of techniques to help them achieve their personal goals.

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From the Back Cover

This proven self-training tool contains concise, enjoyable, and effective self-leadership strategies complete with methods on how managers can rise to new levels of personal effectiveness. This innovative guide helps readers recognize own self-leadership behavior patterns and establish a powerful self improvement program. The handbook offers radical new thinking strategies to help managers and those aspiring to succeed in leadership positions in meeting new challenges.

About the Author

**Charles C. Manz** is a speaker, consultant, and best-selling business author who has written more than 100 articles and 14 books. He won the Stybel-Peabody National Book Award, and his work has been featured in many national business publications, including the *Wall Street Journal*, *Fortune*, and *Success*. He received the prestigious Marvin Bower Fellowship at the Harvard Business School and is currently the Nirenberg Professor of Business Leadership in the School of Management at the University of Massachusetts. His clients have included 3M, Ford, Xerox, General Motors, American Express, and many others.

**Christopher P. Neck** is a nationally known motivational speaker, consultant, and author. He has been quoted extensively in numerous international outlets, including the *Wall Street Journal*, the *Washington Post*, and the *Los Angeles Times*. His books include *Medicine for the Mind: Healing Words to Help You Soar* (1997), *For Team Members Only: Making Your Workplace Team Productive and Hassle-Free* (1997), and *The Wisdom of Solomon at Work* (2001). He is currently an associate professor of management at Virginia Tech.

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