



## Hot Yoga, Coconut Water and Eustress 10 Strategies for Bringing Intention to Your Leadership Practice

By DeEtta Jones

Shared Pen LLC. Paperback. Book Condition: New. Paperback. 66 pages. Dimensions: 8.5in. x 5.5in. x 0.2in. This book includes excerpts from some of my most popular blog posts, presentations and other writing, along with new ideas and material. It is meant to stimulate your thinking about each strategy then give you structured guidance on how to incorporate the strategy into your intentional leadership practice. I use the term leadership practice as analogous to a yoga practice, or pursuit of excellence in and mastery in any field or area of life. The assumption is that leadership, like yoga, piano, sculpting or healthy living, is something that you: 1) make commitment to, 2) incorporate structured practice into your routine and 3) pursue unwaveringly over time. Some days performance will be better than others, of course. You are not seeking perfect outcomes all the time, but perfect practice. As you read, think about times in your life that mirror the hectic scenario presented above and ways in which you might intervene on your own behalf. No one else will do this for you. Leadership is a choice. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



**READ ONLINE**  
[ 5.77 MB ]

### Reviews

*Very beneficial to all category of folks. We have study and that i am sure that i will planning to go through yet again again in the future. Its been printed in an extremely straightforward way in fact it is just soon after i finished reading this pdf where actually changed me, alter the way i really believe.*

-- **Emmett Mann**

*Comprehensive information! Its this sort of great go through. It really is rally interesting throug studying time. I am just quickly can get a satisfaction of looking at a created pdf.*

-- **Alexandra Weissnat**

## Related Kindle Books



### **Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large**

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



### **Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values**

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in.Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead. Academic exercises are based on Common Core...



### **DK Readers Duckling Days**

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.9in. x 5.9in. x 0.2in.This Level 1 book is appropriate for children who are just beginning to read. Six ducklings follow mother duck everywhere. One day soon theyll have to stand on...



### **The Day I Forgot to Pray**

Tate Publishing. Paperback. Book Condition: New. Paperback. 28 pages. Dimensions: 8.7in. x 5.8in. x 0.3in.Alexis is an ordinary five-year-old who likes to run and play in the sandbox. On her first day of Kindergarten, she makes her first school-aged friend, Elizabeth, and...



### **The Ghosts of Pickpocket Plantation Pretty Darn Scary Mysteries**

Gallopade International. Paperback. Book Condition: New. Paperback. 109 pages. Dimensions: 7.4in. x 5.2in. x 0.3in.When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh Mystery Online eBooks are an easy, effective, and immediate way to read...



### **The Whale Tells His Side of the Story Hey God, Ive Got Some Guy Named Jonah in My Stomach and I Think Im Gonna Throw Up**

B&H Kids. Hardcover. Book Condition: New. Cory Jones (illustrator). Hardcover. 32 pages. Dimensions: 9.1in. x 7.2in. x 0.3in.Oh sure, well all heard the story of Jonah and the Whale a hundred times. But have we heard it from the perspective of the...