



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

*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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