



Reality-Based Leadership: Ditch the Drama, Restore Sanity to the Workplace, and Turn Excuses into Results

Cy Wakeman

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Leadership strategies grounded in reality and focused on results

Recent polls show that 71% of workers think about quitting their jobs *every day*. That number would be shocking-if people actually were quitting. Worse, they go to work, punching time clocks and collecting pay checks, while completely checked out emotionally. In *Reality-Based Leadership*, expert Fast Company blogger Cy Wakeman reveals how to be the kind of leader who changes the way people think about and perceive their circumstances-one who deals with the facts, clarifies roles, gives clear and direct feedback, and insists that everyone do the same-without drama or defensiveness. Filled with dynamic examples, innovative tools, and diagnostic tests, this book shows you how to become a Reality-Based Leader, revealing how to:

- Uncover destructive thought patterns with yourself and others
- Diffuse drama and lead the person in front of you
- Stop managing and start leading, empowering others to focus on facts and think for themselves

Equipped with a facts-based, confident approach, you will free yourself from the frustrations you face at work and transform yourself into a Reality-Based Leader, with the ability to liberate and inspire others.

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