



Self-Leadership: How to Become a More Successful, Efficient, and Effective Leader from the Inside Out

Andrew Bryant, Ana Lucia Kazan

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Lead yourself to success—and others are sure to follow

“For leaders looking for a plan of ‘Why, What, and How’ to become a better leader, the answer is between the covers of this book.”

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“Self-reliance, courage, confidence, emotional self-awareness, and perseverance encompassed into one leadership concept.”

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—**R. Dale Safrit, Ed.D., Professor, North Carolina State University**

“Andrew and Ana’s . . . research, insights, and experience provide a practical tool-kit on how you can choose to live your life and your work and influence others to do the same.”

—**Philip Beck, Chairman, Dubeta**

“It is generally accepted in the business literature that the heart of leadership is leading self. I believe that leading self is also the path to being a ‘responsible’ leader. The important contribution made by *Self Leadership* is that it tells you what to do if you want to get better at leading self. Read this book if you desire to be more effective as a leader and remember, “You don’t have to be bad at leadership to get better.”

—**Stephen C. Lundin Ph.D., author of the bestseller, *Fish!***

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