



# Mindfulness-Based Strategic Awareness Training: A Complete Program for Leaders and Individuals

*Juan Humberto Young*

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## **Mindfulness-Based Strategic Awareness Training: A Complete Program for Leaders and Individuals**

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*Mindfulness-Based Strategic Awareness Training: A Complete Program for Leaders and Individuals* is the first book to link mindfulness training and positive psychology to the leadership, strategy and management issues faced by individuals and organizations.

- Sets out a complete program in Mindfulness-based Strategic Awareness Training (MBSAT), a new form of strengths-based business mindfulness training which enhances participants' ability to perceive opportunities, adapt and grow
- Draws on research from neuroscience, positive psychology, behavioural finance and management to show how leaders, managers and individuals can build and maintain more resonant relationships and adapt to constant change
- Includes real-life vignettes, specific instructions and a wealth of resources designed to guide experiential learning including background information, exercises, guidelines, hand-outs, graphics, and guided audio meditations
- Mindfulness training is increasingly used in organizational contexts – the author is a pioneer in designing and delivering training that applies mindfulness and positive psychology to the strategic challenges of management and business

## **Reviews by Experts**

This book is important for all who seek to lead organizations, showing how mindfulness can be combined with the findings from positive psychology for the benefit of all. The book is not just good theory. It also provides a step-by-step practical program to cultivate a balance between motivation for outcomes on the one hand, and compassion toward self and others on the other. Here are skills that can be learned; skills that can truly inspire and sustain wise leadership.

*Mark Williams, Emeritus Professor of Clinical Psychology, University of Oxford, was also the Founding Director of the Oxford Mindfulness Centre. Now Senior Research Fellow at the Department of Psychiatry of Oxford University.*

*Author of "Mindfulness: An Eight week Plan for Finding Peace in a Frantic World", Co-author with Zindel V. Segal and John Teasdale of "Mindfulness-Based Cognitive Therapy for Depression" and author and co-author of a series other standard works in the field of mindfulness*

In today's disruptive times, it is happy and loyal customers that count. This rich and practical book provides an exceptionally smart learning tool to help consumers make mindful decisions that lead to happiness. And for any leader and manager it is a key reading for making wise business and marketing decisions that create value.

*Bernd Schmitt, Ph.D., Professor, Columbia Business School, New York.*

*Author of “Experiential Marketing: How to Get Consumers to Sense, Feel, Think and Act, Relate to your Company and Brands.” and “Happy Customers Everywhere: How Your Business Can Profit from the Insights of Positive Psychology.”*

Juan Humberto Young is the first to integrate positive psychology and mindfulness with a results-oriented focus on business strategy. In today’s ever-changing organizations, leaders need clarity and flexibility to adapt and succeed. Built on leading-edge science, this book offers a step-by-step program that will light your path not only to greater strategic awareness but also to greater well-being.

*Barbara L. Fredrickson, Ph.D., Kenan, Distinguished Professor of Psychology and Neuroscience, University of North Carolina at Chapel Hill.*

*Author of the two bestsellers “Positivity: Top-Notch Research Reveals the Upward Spiral That Will Change Your Life.” and “Love 2.0: Finding Happiness and Health in Moments of Connection”.*

Juan Humberto Young integrates mindfulness practices, positive psychology, and extensive business experience to design a practical training program that improves personal and professional decision-making. This book offers tools to make decisions that increase subjective well-being because the sources of much unhappiness are poor decisions. For business leaders, lawyers, negotiators, and everyone who wants to improve their quality of life, this book presents a path to achieve the capacity of strategic awareness, consisting of mental lucidity, emotional clarity, and bodily awareness, which results in skillful decision-making. This book provides readers an ideal way to find happiness, personal balance, and professional success.

*Peter H. Huang, J.D. Ph.D., Professor and DeMuth Chair of Business Law, University of Colorado Law School.*

*The author of numerous articles integrating Positive Psychology, Mindfulness and Law.*

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### **From reader reviews:**

#### **Rina Reese:**

Your reading sixth sense will not betray you, why because this Mindfulness-Based Strategic Awareness Training: A Complete Program for Leaders and Individuals e-book written by well-known writer who knows well how to make book which might be understand by anyone who else read the book. Written in good manner for you, still dripping wet every ideas and writing skill only for eliminate your personal hunger then you still question Mindfulness-Based Strategic Awareness Training: A Complete Program for Leaders and Individuals as good book but not only by the cover but also from the content. This is one book that can break don't assess book by its handle, so do you still needing a different sixth sense to pick this!?! Oh come on your examining sixth sense already alerted you so why you have to listening to yet another sixth sense.

#### **Maria Trussell:**

In this particular era which is the greater person or who has ability to do something more are more special than other. Do you want to become certainly one of it? It is just simple approach to have that. What you have to do is just spending your time not much but quite enough to experience a look at some books. On the list of books in the top listing in your reading list is Mindfulness-Based Strategic Awareness Training: A Complete Program for Leaders and Individuals. This book which is qualified as The Hungry Hillside can get you closer in turning into precious person. By looking upward and review this e-book you can get many advantages.

#### **John Razo:**

As a pupil exactly feel bored to help reading. If their teacher expected them to go to the library or to make summary for some guide, they are complained. Just very little students that has reading's heart or real their pastime. They just do what the teacher want, like asked to go to the library. They go to generally there but nothing reading really. Any students feel that reading through is not important, boring as well as can't see colorful photos on there. Yeah, it is to become complicated. Book is very important for you personally. As we know that on this period, many ways to get whatever we wish. Likewise word says, ways to reach Chinese's country. Therefore this Mindfulness-Based Strategic Awareness Training: A Complete Program for Leaders and Individuals can make you sense more interested to read.

#### **Manuel Frazier:**

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