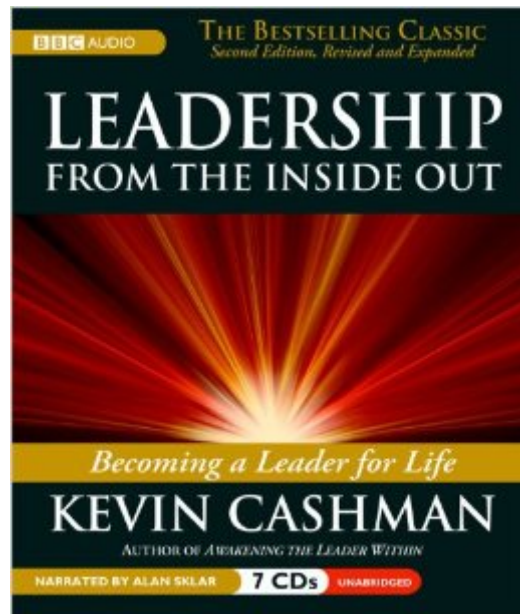


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# Leadership From The Inside Out



## Synopsis

In this rapidly transforming age of 24/7 connectivity and globalization, Cashman encourages listeners to strive, no longer for the fiction of Balance, but instead for Resilience Mastery. He also incorporates some powerful new insights he and his colleagues have acquired while helping thousands of leaders in more than sixty countries apply his model to themselves and their organizations. In this up-to-date, tenth anniversary edition, Cashman goes deeper and broader, expanding his coaching model to provide equal emphasis on building awareness, building commitment, and building practice.

## Book Information

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## Customer Reviews

Leadership from the Inside Out is a book that I was expected to read for a graduate-level class on Educational Leadership. After the first few pages, I was turned off by the "meta-talk;" I am naturally weary of self-help gurus who name drop celebrities who they have helped to transform the lives of, and I was quick to dismiss Cashman as "one of those people." However, a few chapters in, about the point where Cashman speaks of "leading authentically," I knew that there was something in this book original enough and, well, authentic enough, for me to benefit from and apply to the leadership roles I currently occupy. This is a book in which you get what you give; that is, Cashman gives ample opportunities for the reader to stop and perform a task of some sort; whether it is to take an inventory of your strengths and weaknesses or goals, or take a moment to self-reflect, these exercises may prove helpful for you. Plus, Cashman mentions many resources for readers to gain more insight into certain leadership theories or programs, so again, that may be beneficial for

some. If, however, you view this book or the wisdom Cashman wishes to provide with skepticism, then there is not much this book can provide. I felt the same as these skeptics, and certainly, some of the exercises he asks of the reader were not for me, and I feel Cashman would be okay with that. However, there is something here for you too, I am sure.

This updated version is packed full of validating research, case studies, and wonderful stories. The book is so inspiring and a wonderful resource for anyone with a desire of leading. I keep this on my nightstand and read a little every day so I can truly think about what Kevin Cashman is teaching us about becoming a leader for life.

I would recommend *Leadership from the Inside Out* by Kevin Cashman. The major theme of this book is authentic leadership and in its pages, Cashman provides many opportunities for the reader to learn and grow personally and as a leader. Cashman argues that to develop as a leader, one must focus on whole-person development and offers many suggestions on how to accomplish this. The book is well-grounded in research. Cashman uses a mix of practitioner resources (i.e. *Training & Development* magazine) and academic articles (i.e. from the Center for Creative Leadership) alongside his personal and professional experiences. This combination of sources lends credibility to the book, although sometimes it makes the reading a bit awkward. The one major complaint I have about the book is that it introduces you to a topic, but doesn't point you in the direction to learn more. For example, Cashman suggests meditation as a means of controlling stress, but he doesn't suggest resources on meditation or tell the reader where they might learn and practice meditation. The book is meant to be read slowly. Throughout, Cashman includes quotes from famous and important leaders that are meant to provoke thoughts. He also includes reflections at critical points in the book and at the end of each chapter. From the beginning, he encourages the reader not to read straight through, but to put down the book when an idea strikes and explore it. This is an excellent book for the reader wanting to learn more about himself or wanting to learn more about authentic leadership. I would caution against using this book in isolation. When ideas or suggestions pique your interest, it would be helpful to have access to other resources on the subjects. All-in-all it is definitely worth the read.

This was required reading for a course on leadership I was taking. I found this to be a great guide on finding balance with your internal beliefs and your external ego. This book utilizes 'metaphysical' and 'spiritual' techniques without losing its tangible lessons on leadership. Cashman really has a

good way of humbling the C-level executive and rebuilding a being that illustrates leadership in all walks of life. This book redefines what it means to be a leader from the role of executor to an inspirational being that can have immediate impact and long-term influence on an organization. I definitely recommend reading *Leadership From The Inside Out* if you are seeking personal and/or professional improvement or are looking for ideas to encourage your staff. I also recommend this book for spiritual leaders who are interested in exploring ways of grounding their leadership role with skills and steps to improve your business.

Especially like books that have you focusing on yourself rather than cry about how bad everyone else is. Great ideas on how to get focused and how to develop character in order to become a good leader.

Kevin Cashman's book has become my constant companion in my various leadership roles. The book is filled with quotable passages and brilliant insights into the heart and soul of effective leadership. I've occupied leadership roles for the past twenty years and wish I had read it when I first started. The book is easy to read, easy to understand, and simply an elegant expression on the qualities of great leaders. I use this book as a training tool for my younger leaders and highly recommend it to anyone desiring to strengthen their leadership skills. It will not disappoint you and your team will see the difference in your demeanor and effectiveness as their leader.

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