



Effective Leadership: Strategies for Maximizing Executive Productivity and Health

Len Sperry

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This book will interest clinicians who have wondered what professional practice would be like in the corporate setting and want to learn more about the psychological and organizational dynamics that 'drive' executive behavior. Based on the premise that leadership effectiveness is a function of both leader productivity and health, this book reviews the latest information and research data and offers case studies to illustrate specific strategies for maximizing executive health. Len Sperry has been consulting to executives and organizations for 30 years and has written numerous articles and several books on executives and workplace dynamics.

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