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Daphne Scott, Waking Up a Leader: Five Relationships of Success

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Daphne Scott, *Waking Up a Leader: Five Relationships of Success* (Lioncrest, 2019), 280 pages, \$15 paperback.

Daphne Scott's engaging self-help book argues that effective leaders operate from a position of trust rather than fear and offers practical exercises to enhance mindfulness.

Scott describes her own 'awakening' that radically shifted her perspective, enhanced her quality of life, and strengthened her ability to connect with and inspire others. Drawing largely from her personal experiences, Scott asserts the key to effective leadership is mindfully addressing key relationships with time, money, ourselves, friends, and the unknown. She argues that mindfulness is a core leadership capacity essential for personal well-being and productivity.

Throughout the book, Scott reminds the reader that we must overcome fear and approach each of those five key relationships from a position of trust. She also acknowledges the effort and soul-searching required to gain that mindfulness and provides a variety of practical exercises and insights to guide the reader through that process.

Part one introduces the reader to the concept of mindfulness and the challenge in truly being present in our interactions with the world. Drawing from positive psychology research, Scott also addresses our inherent negativity bias and the power of cultivating positive emotions. Part two describes the five key relationships. Scott argues that successful time management starts with changing our view of time while cultivating a sense of gratitude is key to releasing a fear-based orientation to money. When we embrace the impermanency of our self-image, it can help us develop an optimistic orientation. Acknowledging the unique foibles of others enables us to be more appreciative and compassionate, and by approaching the future with an 'open hand' we can more readily find pleasure in the unknown. Scott's message regarding the loneliness and isolation of being the boss will resonate strongly with entrepreneurs. The final part of the book argues the need for a holistic approach to leadership development as Scott asserts leaders who operate from the position of fear, rather than trust, create toxic environments that limit productivity.

Additional value is provided by the resources embedded in each chapter, including a wealth of information from Scott's "Waking Up a Leader" website: <https://www.wakingupaleader.com>. Written with humility and offering a variety of relatable experiences, the book both challenges and encourages the reader to embark on their own personal awakening. While Scott frames her message in the context of leadership, it is relevant for anyone who desires to enrich their life and more fully connect with others.

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