

The Mindful Entrepreneur How To Rapidly Grow Your Business While Staying Sane Focused And Fulfilled

Are you caught in a rut, feeling lonely, overwhelmed and more and more stressed? Have you become so addicted to your business at the expense of yourself? Are you struggling to manage your own mental health alongside the many other concerns under your watch? Are you frantically living life clinging to hopes of a happier future, drained of all resilience to the point where you and your business is now suffering? Then it's time to stop sacrificing your well-being, success, and resulting happiness. It's time to start breaking free from limiting beliefs and start practicing Mindful Entrepreneurship. This accessible & practical eight-week guide and journal provides insights, activities, tools, and tips, helping you to uncover the benefits of mindfulness. Mindfulness practice develops a flexible set of skills that help you cope with the volatile working environment and the consistently high stress levels, workload and responsibility that go hand in hand with entrepreneurial ventures. Enable yourself to evaluate your emotions and responses at the busiest most turbulent times, resulting in mindful decisions and actions that are harmonious with your goals and your values. The result is better mental health and potentially better business outcomes. Find calm, contentment and happiness even in an environment that seems, at times, overwhelming and chaotic. Discover how to: -- Make simple changes that stick -- Be the best version of yourself -- Improve your resilience whilst reducing stress -- Optimise your well-being -- Live a healthier and happier life. Dr. Glenda Rivoallan is an entrepreneur, wellness expert, and learning junkie who is extremely passionate about helping the maximum number of people live healthier lives. She has spent the last twenty-six years in the wellness industry, studying exercise behaviour and trends, and is steadfast in her belief that we should all be able to achieve success whilst maintaining a happy life through a commitment to our holistic well-being. Glenda learned to appreciate the irony that her life as an entrepreneur has, at times, made her well-being suffer. Glenda had a major turning point in her life when she stumbled upon the practice of mindfulness. Through the techniques she learned, she developed a newfound appreciation for mindful exercise, mindful nutrition, mindful health, and the all-important mind-body connection. Glenda remains committed to ongoing lifelong practice of the principles of the Mindfulness Advantage outlined in this book and a life of mindful entrepreneurship. She hopes that you, too, will discover the benefits of this incredible practice and, by passing on the message, ultimately enable many more entrepreneurs to enjoy the journey ahead of them.

Mindful Business Leadership presents a new model of leadership. It introduces ten very different leadership roles that are required to meet the challenges of modern business. Memorable metaphors and images are created for each, and they are placed in a matrix. Readers are shown how to develop these roles within themselves. Potentially negative aspects of each are discussed, along with material on how to put these to creative use. The book argues that mindfulness is the best way to balance the roles – a mindful leader will know 'who to be' in any situation. The last part is taken up with clear, practical exercises that readers can practice to become more fully mindful and develop a clear vision for their own leadership. Mindful Business Leadership is relevant to anyone, anywhere in the world, who is moving (or wishes to move) to a position of leadership.

*Today's marketers face a perilous journey. Thanks to new buyer dynamics, a boardroom-level obsession with marketing ROI, and 'big data' driven decision making tools, the rules have shifted beneath everyone's feet, leaving many dizzily wondering how to keep pace. Modern marketing leaders are expected to be tech savvy, data-driven brand ambassadors on the vanguard of change. But as marketing demands and workloads continue to evolve at the speed of sound, it becomes more difficult to stop, breathe, and reflect mindfully on future opportunities and daily decisions. As marketing leaders look for ways to evolve from order takers to market makers, the more contextual, intuitive, and innovative dimensions of marketing play an even greater role than before. Lisa Nirell's *The Mindful Marketer* is a 3-part playbook for thriving in the new world of modern marketing. An industry veteran who has helped companies like Microsoft, Blackboard, Adobe, Bozzuto, and Oracle accelerate growth and build customer mindshare, Lisa has discovered the 'middle path' between mindfulness and market acceleration. Through case studies and engaging personal stories, Lisa offers surprising insights into the opportunities and possible pitfalls presented by modern marketing. Among other things, *The Mindful Marketer* examines how constant connectedness and multi-tasking can contribute to lower productivity, reduced brand reputation, executive-level misalignment, and big data investment 'black holes.' By applying Pan-Asian principles, Lisa points the way towards a revolutionary 'middle path—' a powerful nexus between data-fueled, analytical thinking and creative, immensely human approaches to marketing. Staying present, Lisa asserts, is the best way to stay ahead of the curve. *The Mindful Marketer* lays the groundwork for any leader who wants to deepen relationships with their peers in the C-suite, drive more demand, optimize the power and potential of digital marketing, attract more customer evangelists, and create healthier organizations.*

The Mindful Startup takes you on a journey towards a more human approach to driving change. Gentle, smart and equipped with scientific insights, Malte Krohn guides you on this expedition of creating the future from the present moment.

Entrepreneurship

Kidpreneurs

Handbook of Entrepreneurship and Marketing

The Effect of Mindfulness on Entrepreneurs of Early-Stage Start-Up Teams

How to Start a Startup

Business Posts from a Journeyman Entrepreneur

For Mindful, Happy & Intentional Living

The Conscious Entrepreneur

Are you caught in a rut, feeling overwhelmed and more and more stressed? Are you frantically living life clinging to hopes of a happier future, working too hard on everything but yourself? Do you feel that life is getting in the way, draining you of all resilience to keep going and you just can't seem to make progress? Then it's time to stop sacrificing your well-being and resulting happiness and putting healthy habits into the "I will start tomorrow" category. It's time to start breaking free from limiting beliefs and start living in the

moment. This accessible & practical eight-week guide and journal provides insights, activities, tools and tips, helping you to uncover the benefits of mindfulness. Transform your thinking and revolutionise your relationship with fitness, nutrition, health and that all important mind body connection. Find calm, contentment and happiness even in a world, which is at times seems overwhelming. Discover how to: * Make simple changes that stick * Be the best version of yourself * Improve your resilience whilst reducing stress * Optimise your well-being * Live a healthier and happier life. It's time - it's time to make the change. DR. GLENDA RIVOALLAN describes herself as an entrepreneur, wellness expert, and learning junkie who is extremely passionate about helping the maximum number of people live healthier lives. She has spent the last twenty-four years in the wellness industry, studying exercise behaviour and trends, and is steadfast in her belief that we should all be able to achieve a happy life through a commitment to our holistic well-being. Glenda learned to appreciate the irony that her life as an entrepreneur has, at times, made her well-being suffer. As CEO and founder of Soulgenic, Glenda's vision is take her unique Soulgenic wellness journey to the masses and reward people for their wellness through technology that is integrated with their existing way of life. The creation of Club Soulgenic, a fully integrated well-being and fitness club, is a fitting testament to the home of the brand and is synonymous with the values of Soulgenic online product.

A landmark collection of original essays that explore the dynamics of entrepreneurship in the U.S. and around the world--from the "mindset" of the entrepreneur to the challenges of establishing and sustaining new ventures to the institutions and technologies that support new business creation

A guide for creating a deeper relationship with the entrepreneurial journey The Self-Reliant Entrepreneur offers overworked and harried entrepreneurs, and anyone who thinks like one, a much-needed guide for tapping into the wisdom that is most relevant to the entrepreneurial life. The book is filled with inspirational meditations that contain the thoughts and writings of notable American authors. Designed as a daily devotional, it is arranged in a calendar format, and features readings of transcendentalist literature and others. Each of The Self-Reliant Entrepreneur meditations is followed by a reflection and a challenging question from John Jantsch. He draws on his lifetime of experience as a successful coach for small business and startup leaders to offer an entrepreneurial context. Jantsch shows how entrepreneurs can learn to trust their ideas and overcome the doubt and fear of everyday challenges. The book contains: A unique guide to meditations, especially designed for entrepreneurs A range of topics such as self-awareness, trust, creativity, resilience, failure, growth, freedom, love, integrity, and passion An inspirational meditation for each day of the year. . . including leap year Reflections from John Jantsch, small business marketing expert and the author of the popular book Duct Tape Marketing Written for entrepreneurs, as well anyone seeking to find a deeper meaning in their work and life, The Self-Reliant Entrepreneur is a practical handbook for anyone seeking to embrace the practice of self-trust.

The Guide for Women Entrepreneurs shares important tips for women in business generally and highlights items that are important for balance during the entrepreneurial journey. The Guide also provides practical tips for entrepreneurs like What Should I Put in a Pitch Deck, Do's and Don'ts in Pitching, Do's and Don'ts in Fundraising, Length of Time for Fundraising, Presenting to an Angel Network, Angel Pet Peeves to Avoid, Diligence on an Investor, and Going Through Diligence as an Entrepreneur. There is a Question and Answer section which addresses positioning yourself as a wife and husband or sister and brother team, offering an adviser equity and the vesting schedule, other forms of financing, conflicting advice from Mentors and Investors, dealing with biased investors, metrics that an investor wants to see, the difference fundraising in NYC and Silicon Valley, the difference between a product and an investment pitch, active or passive investors, the role press plays in fundraising, the ideal level of contact from investors, and my personal advice. The book also includes a section on becoming an angel investor for when entrepreneurs are ready to pay it forward and an Appendix with a sample pitch deck.

Breathe to Succeed

Business, Balance, and Bliss

The 9 Ways to Self-Awareness, Transforming Yourself, and Inspiring Others

Calm The Mind - Build Resilience - Discover Optimal Living

Living in Abundance

Startup Life

Mindful Business Leadership

The Entrepreneurial Identity Crisis

COMPREHENSIVE, HARD-WON, NO-NONSENSE ADVICE 100 Rules for Entrepreneurs covers every aspect of business from the entrepreneur's point of view. Unlike other guides it avoids mere theorising. Instead, everything is tackled in light of the realities of business in the 21st century, and through the lens of serious entrepreneurial

experience. The rise of regulations, the impact of competition and the growth of globalisation means that start-ups have to be more flexible and robust than ever before in order to prevail. Mindful of this, Neil Lewis provides practical and original advice on: - how to properly measure profit - and what a really sustainable business looks like (and how it can be grown) - how to handle recruitment - and not only why freelance is the future, but how best to take advantage of it - how to manage your management team, set effective goals for your business and prevent the rot from setting in - the best time to sell your business (and how best to do it). He also brings to bear his experiences on dealing with dividends, shareholders and other advanced aspects of running a start-up. GRITTY WISDOM Accessible and memorable - counterintuitive at times, at times reassuringly simple; refreshingly realistic throughout - 100 Rules is the ultimate companion for today's entrepreneur. It is the direct and hard-earned wisdom of an entrepreneur who has seen it all: the giddy heights of reaching a £12m valuation in eight years from a simple start in a back bedroom with a computer and £2,000; the dizzying descent of losing it all in two, and the work required to pick up and start, successfully, again.

The founder of LinkedIn demonstrates how to apply effective entrepreneurial strategies to an individual career, explaining how to navigate modern challenges by becoming more innovative, self-reliant and networked. 60,000 first printing.

Mindful meditation is now embraced in virtually all corners of society today, from K-12 schools to Fortune 100 companies, and its virtues extolled by national and international media almost daily. It is thought to benefit our health and overall well-being, to counter stress, to help children pay attention, and to foster creativity, productivity and emotional intelligence. Yet in the 1960s and 1970s meditation was viewed as a marginal, counter-cultural practice, or a religious ritual for Asian immigrants. How did mindfulness become mainstream? In *The Mindful Elite*, Jaime Kucinkas reveals who is behind the mindfulness movement, and the engine they built to propel mindfulness into public consciousness. Drawing on over a hundred first-hand accounts with top scientists, religious leaders, educators, business people and investors, Kucinkas shows how this highly accomplished, affluent group in America transformed meditation into an appealing set of contemplative practices. Rather than relying on confrontation and protest to make their mark and improve society, the contemplatives sought a cultural revolution by building elite networks and advocating the benefits of meditation across professions. Yet, spreading the Dharma far and wide came with unintended consequences and this idealistic myopia came to reinforce some of the problems it originally aspired to solve. A critical look at this Buddhist-inspired movement, *The Mindful Elite* explores how elite movements can spread and draws larger lessons for other social, cultural, and religious movements across institutions and organizations.

You've got a brilliant business idea for a product or service. To move your idea from concept to reality, you need to acquire capital and start your own enterprise. There's just one problem-you don't know how to do that. You could pursue a college degree in entrepreneurship, but time is money, and before you graduate, your competitors could be profiting from your idea. You'll get quicker results by reading *Start Your Startup Right*, a comprehensive guide to commercializing your business idea. Author and award-winning entrepreneur Gregory M. Coticchia, MBA, PC, brings over thirty years of experience to bear on the startup process. You'll discover practical examples of what you should-and should not-do to get your new enterprise off the ground. You'll also master business- and product-marketing strategies and learn the eight steps needed to attract customers and make sales. Along the way, you'll read real-life examples illustrating the challenges and pitfalls of entrepreneurship. Even if you've never taken a single business course, *Start Your Startup Right* will give you all the information you need to confidently launch your company and see your dreams transformed into a commercialized product, service, or business.

Real-life business lessons

Mindful Selling for Entrepreneurs and Freelancers

A Guide to Getting Things Done and Finding Purpose in what You Do

Mastering the Art of Enlightened Work and Mindful Play

Breaking Up with Busy

Real-Life Solutions for Overscheduled Women

Entrepreneurial Leap

Young Entrepreneurs with Big Ideas!

the Being mindful means a perspective of attending to others, a culture of creativity and leaders who get results by using the full resources and best practices available. ... First, the mindful company as a whole has to be a caring company mindful of its employees, customers and owners' needs.

You've thought about starting your own business . . . but how can you decide if you should really take the leap? There's a lot on the line, and you have to ask yourself difficult questions: Do I have what it takes? Is it worth it? And how the hell do I do it? You need answers, not bullshit. This book has them. Entrepreneurial Leap: Do You Have What it Takes to Become an Entrepreneur? is an easy-to-use guide that will help you decide, once and for all, if entrepreneurship is right for you—because success as an entrepreneur depends on far more than just a great idea and a generous helping of luck. In this three-part book, Gino Wickman, bestselling author of Traction, reveals the six essential traits that every entrepreneur needs in order to succeed, based on real-world startups that have reached incredible heights. If these traits ring true for you, you'll get a glimpse of what your life would look like as an entrepreneur. What's more, Wickman will help you determine what type of business best suits your unique skill set and provide a detailed roadmap,

with tools, tips, and exercises, that will accelerate your path to startup success. Packed with real-life stories and practical advice, *Entrepreneurial Leap* is a simple how-to manual for BIG results. Should you take the leap toward entrepreneurship? Find out today and let tomorrow be the first step in your new journey, whatever shape it may take.

Technology has revolutionized the business sector. Whether you're an entrepreneur, employee, CEO, or executive, you're likely feeling the effects of less humanity and more technology. Our minds are distracted, our attention spans are shortened, we want everything on demand, in boxes are never empty, our energy is frequently negative, we're addicted to social media, and we're sleep deprived. This cannot be the new normal. *Breathe to Succeed* shares the transformative power of breath in business. Even just three deep breaths at key moments can be nothing short of miraculous. With Abrams's fast, simple, and effective breathing techniques, you'll become more mindful and engaged and experience better moods, a calmer perspective, and positive energy that will translate to next-level productivity, creativity, and clarity. *Breathe to Succeed* will teach you how to: Utilize a variety of simple breath techniques to access your optimal energy and manage your emotions in the moment. Become self-aware of your negative thought patterns/behavior and rewire your brain with positive new habits. Activate the power of your mind to breathe through challenges, make better decisions, and reach goals effortlessly. "Simple, yet profound. Sandy's light approach to breath, mindfulness and well-being, reminds us all that the best and most impactful attributes and resources come from within and reconnecting to oneself. A must read for self-improvement and maximizing overall efficiency and productivity while remaining happy, calm and joyful!" - Leon Pellicer, Google, Program Manager "Breathe to Succeed is an excellent prescription for any aspiring or current leader. Sandy Abrams' new book offers valuable insights into addressing the hectic schedule and constant stress of everyone from an employee to the CEO. By understanding the causes and effects of stress on the human body, Sandy offers tools of the mind and breath to find your way through the storm and achieve optimal health." - Mark T. Bertolini, former Chairman & CEO at Aetna "Science has validated the power of breathing and mindfulness to enhance our well-being. Sandy Abrams' advice is a simple but incredibly effective way to make mindfulness a part of your life and help you thrive in our always-on world." - Arianna Huffington, Founder & CEO, Thrive Globa

New startups are created every day around the world, with many founders dreaming of millions of users and billions of dollars. But the harsh reality is that very few will succeed. How can entrepreneurs stack the odds in their favor? By learning from the experiences of startup founders, executives, and investors who've been there before. That's exactly what "How to Start a Startup" provides, sharing essential lessons from 25+ Silicon Valley insiders who've faced the challenges of starting a new business and come out swinging. Based on a Stanford University course taught by Y Combinator (the prestigious startup accelerator behind companies like Dropbox and Airbnb), this in-depth reference guide features advice from experts like: - Reid Hoffman, LinkedIn co-founder - Dustin Moskovitz, Facebook co-founder - Paul Graham, Y Combinator co-founder - Marc Andreessen and Ben Horowitz, co-founders of Netscape and Andreessen Horowitz venture capital firm - Peter Thiel, co-founder of PayPal and Founders Fund, early Facebook investor - Ben Silbermann, Pinterest co-founder and CEO Nominated as "Book of the Year" by Product Hunt (the leading Silicon Valley community for discovering the best new products), "How to Start a Startup" reveals the secrets to raising money, building products users love, hiring a great team, getting press coverage, attracting customers, growing your business, and more. No matter what type of product you're creating (web, mobile, hardware, online-to-offline, etc.) or what audience you're targeting (consumers or the enterprise), this playbook will give you all the information necessary to launch and scale a successful startup. This book was created independently by the publishers and all net proceeds will go to support charitable causes promoting wider access to opportunity for all.

100 Rules for Entrepreneurs

Guide for Entrepreneurs

How the B3 Method Can Transform Your Career and Life

Start Your Startup Right

The Start-up of You

The Engine of Growth

The Self-Reliant Entrepreneur

Thanks!

This book is not just for managers, workers or mindfulness and flow practitioners. This book has been written for anyone looking to get more done in less time and get more value out of their work. The lessons and tips in this book are for anyone wanting to find a greater balance in what they do and live in a happier state while doing so. We all want to live a life with less stress and anxiety. Both of which are leading factors in depression that, in turn, can lead to a lack of purpose and meaning in one's life. If we are more deliberate with how we spend our time and sharpen our ability to focus, we can become creators of great works that we can be proud of. If you are a young new hire looking to move up in the workforce, or an entrepreneur looking to build a business, this book is for you. If you are an artist looking to create or a DIY'er looking to build something in your spare time, this book is for you. If you want to spend more time with your family and less time at work, this book is also for you. The lessons shared in this book can be applied to all parts of your life. Being an organized minimalist while being strategic with your time will obtain you velocity gains in your daily activities and help you move the needle on your whole life.

A book written for an aspiring entrepreneur who aims at addressing the needs of people in their community to create a positive social impact, while maintaining control over their own physical and mental well-being.

Real life insights on what it takes to make it in a relationship with an entrepreneur Entrepreneurs are always on the go, looking for the next "startup" challenge. And while they lead very intensely rewarding lives, time is always short and relationships are often long-distant and stressed because of extended periods apart. Coping with these, and other obstacles, are critical if an entrepreneur and their partner intend on staying together—and staying happy. In Startup Life, Brad Feld—a Boulder, Colorado-based entrepreneur turned-venture capitalist—shares his own personal experiences with his wife Amy, offering a series of rich insights into successfully leading a balanced life as a human being who wants to play as hard as he works and who wants to be

as fulfilled in life and in work. With this book, Feld distills his twenty years of experience in this field to addresses how the village of startup people can put aside their workaholic ways and lead rewarding lives in all respects. Includes real-life examples of entrepreneurial couples who have had successful relationships and what works for them Provides practical advice for adapting to change and overcoming the inevitable ups and downs associated with the entrepreneurial lifestyle Written by Brad Feld, a thought-leader in this field who has been an early-stage investor and successful entrepreneur for more than twenty years While there's no "secret formula" to relationship success in the world of the entrepreneur, there are ways to making navigation of this territory easier. Startup Life is a well-rounded guide that has the insights and advice you need to succeed in both your personal and business life.

Do you dream of being your own boss, quitting the rat race, generating a stable income doing what you love but have no idea how to steadily attract customers? If you serve other businesses - whether it be as a startup, entrepreneur or freelancer - you have to make sales and win customers. Otherwise you'll have to dust off your C.V. and put off your dream of independence. Perhaps no one taught you selling techniques. Perhaps you're shy or introverted. Perhaps the idea of selling makes you sick to your stomach. Or maybe you've been doing the selling thing but keep losing sales and have no idea what is going wrong. This concise book will guide you through how to overcome your self-doubt so you can effectively sell, giving you practical tools and strategies to sell mindfully and without being typically salesy. You will learn: - A proven step-by-step process to winning new clients - How to write a winning sales plan - Effective lead generation strategies to get more customers - How to communicate your value in a magnetic way - All of this without becoming an aggressive, annoying person

How to Stay Present and Profitable in a Data-Driven World

366 Daily Meditations to Feed Your Soul and Grow Your Business

How to Power Down, Power Up, and Power Forward

The Mindful Entrepreneur

The Silicon Valley Playbook for Entrepreneurs

The Mindful Marketer

Tranquilista

The Entrepreneur's Guide & Workbook

Presents a guide for young readers on starting their own small business, discussing choosing the right business, finding customers, deciding what to charge, and using suggestions of sample businesses.

This timely and incisive Handbook provides critical contemporary insights into the theory and practice of entrepreneurship and marketing in the twenty-first century. Drawing on varied contributions from prominent international researchers, it offers a reflective synthesis of scholarship at the interface between marketing and entrepreneurship. In a world where TV, radio, traffic, telephones, pagers - our minds are bombarded daily by constant noise and clutter. No wonder so many people find it increasingly difficult to listen and absorb pieces of information such as names go "in one ear and out the other." Poor listening may have tragic consequences such as the Challenger disaster and the Potomac Accidents can result in smaller tragedies such as lost promotions, stalled marriages, and troubled children. Rebecca Shafir assures us that we can transform every aspect of our lives by how to listen. The Zen of Listening is grounded in the Zen concept of mindfulness, a simple yet profound way of learning how to filter our distractions and be totally present. Instead of a list of tricks, this book is an all-encompassing approach allowing you to transform your life. Readers will be amazed at how simply learning to focus intently on a specific relationship, increases attention span, and helps develop negotiating skills. Learn the great barricades of misunderstanding, find out how to listen to ourselves, discover how to boost and boost our memory. This is a fun and practical guide filled with simple strategies to use immediately to enjoy our personal and professional lives to the fullest.

Looking to experience growth in your personal and business life? Do you need a step-by-step guide to transformation? This book serves as a short guide to a long and fulfilling life. If you are mindful and genuinely happy, that joy spills outward to all those they encounter. Energy is contagious and statistics show that the regular practice of mindfulness improves leadership qualities, interpersonal communication and the ability to thrive and lead in complex conditions. Mindfulness, happiness and purposeful living can and will affect your life. If you need balance in your life - are an entrepreneur, considering entrepreneurship or managing a small organization than The Entrepreneur's Guide & Workbook: For Mindful and Intentional Living is for you. This book will equip the reader with the intellectual and practical tools needed to improve different facets of life and provides manageable strategies to energized and capable. Learn how to work thru and problem solve your challenges with real life solutions, that you can turn into opportunities, all while adding to your life. With over twenty years of industry experience, recognized business expert and influencer Anna M. Foster teaches readers how to find power in the pauses of life and how to live one of mindfulness and purpose in a fast-paced world. ABOUT THE AUTHOR: Foster is a certified life and business coach, as well as a certified behavioral analysis trainer, a connector, poised event host, professionally trained speaker, award-winning entrepreneur, and an impactful influencer. Her over two (2) decades of work, has earned her national recognition in business and entrepreneurship. She is the founder and CEO of A Maven's World, an event-focused and consulting business that works with individuals, small businesses, and organizations on business strategy, networking and development. Foster also created a social enterprise - global women's conference, which positively impacts the lives of women annually, both personally and professionally. Foster has partnered with numerous entrepreneurs, non-profit and corporate clients over many years. She holds a B.A. in Psychology and a Juris Doctorate degree. Foster can be followed at twitter.com/amavensworld. For more information about her work visit amavensworld.com and amwwomensconference.com

Do You Have What it Takes to Become an Entrepreneur?

The Mindful Business

Mindfulness in Organizations

Mobilizing from the Inside Out

Foundations, Research, and Applications

The Zen of Listening

Born to Be an Entrepreneur

A Guide to Maximizing Your Potential for Success, Freedom, and Happiness

A proponent of the field of positive psychology offers a close-up study of the positive influence on people's lives of the systematic cultivation of gratitude, explaining how the practice of gratitude can increase one's chances for happiness and help one cope more effectively with stress, recover more quickly from illness, enjoy better physical health, improve relationships, and other benefits. Reprint.

The all-star adviser to athletes like Kobe Bryant and Michael Jordan shares his revolutionary, mindfulness-based program for elevating your game "George helped me understand the art of mindfulness—neither distracted or focused, rigid or flexible, passive or aggressive. I learned just to be." —Kobe Bryant Michael Jordan credits George Mumford with transforming his on-court leadership of the Chicago Bulls. Jordan led the team to six NBA championships. Mumford also helped Kobe Bryant, Andrew Bynum, and Lamar Odom and countless other NBA players turn around their games. A widely respected author, speaker, and coach, Mumford is sharing his own story and the strategies that have made these athletes into stars in *The Mindful Athlete: The Secret to Pure Performance*. His proven, gentle but grounded mindfulness techniques can transform the performance of anyone with a goal, be they an Olympian, weekend warrior, executive, hacker, or artist. When Michael Jordan left the Chicago Bulls to play baseball, the team was in crisis. Coach Phil Jackson, a long-time mindfulness practitioner, contacted Dr. Kabat-Zinn to find someone who could teach mindfulness techniques to the struggling team—someone who could speak the language of his players. Kabat-Zinn led Jackson to Mumford and their partnership began. Mumford has worked with Jackson and each of the eleven teams he coached to become NBA champions. His roster of champion clients has since blossomed way beyond basketball to include corporate executives, Olympians, and athletes in many different sports. With a charismatic teaching style that combines techniques of engaged mindfulness with lessons from popular culture icons such as Yoda, Indiana Jones, and Bruce Lee, Mumford tells illuminating stories about his larger than life clients in a way that is down-to-earth and easy to understand and apply. *The Mindful Athlete* is an engrossing story and an invaluable resource for anyone looking to elevate their game, no matter what the pursuit, and is co-authored by Phil Jackson.

In this profound introduction to conscious entrepreneurship, author and coach Laura C. Cannon teaches you how to harness your unique gifts and the power of your own consciousness to maximize the success - and deepen your enjoyment - of your business and your life. Grounded in research from the fields of modern psychology, eastern philosophy, and personal development, this book explains six core principles that are necessary for radical, transformational change - personally and professionally. By teaching you to use your business as the vehicle for your personal growth, *The Conscious Entrepreneur* delivers powerful insights and practical exercises to help you think, act, and live the path to your highest potential - without adding to your already-packed schedule. Forget work-life balance, get ready to shift into work-life integration for more happiness, stronger relationships, and a higher return on your investment in every sense of the word. "To succeed in business, entrepreneurs first need to develop themselves. The Conscious Entrepreneur shares concrete insights that will help you transform your life and achieve true greatness, both personally and professionally." - Dorie Clark, author of *Reinventing You* and *Stand Out* "Laura C. Cannon serves up the 'secret sauce' that sets the world's greatest entrepreneurs apart, and shows you how to pour it on yourself with six foundational concepts of higher-level thinking and learning." - James Altucher, bestselling author of *Expectation Hangover* "In this succinct guide, Laura C. Cannon shows you how to find and use your purpose, and helps entrepreneurs realize their potential, transform their business, and create more happiness in the world." - Jenn Lim, CEO & Co-Founder of *Delivering Happiness*, Consultant at Zappos.com "Wow, I felt like Laura C. Cannon was talking directly to me about success and fulfillment. It's not new-age dreaming, it's practical advice we can all use." - Alan Berg, Certified Speaking Professional and Business Guru "Owning a business enterprise is hard, takes skill, and requires a lot of focus. Laura C. Cannon fluently translates those thoughts into actionable items with candid insights and excellent questions that every entrepreneur - no matter what level - should address." - Linnye Velton, Wedding Planner and Industry Expert Featured on *Style Network's Whose Wedding Is It Anyway?*

Das Konzept von Achtsamkeit wurde bereits intensiv und tiefgründig analysiert. Dennoch wurde es bisher kaum mit dem Begriff Unternehmertum in Verbindung gebracht. Diese Arbeit trägt dazu bei, die Forschung darin zu unterstützen, die Auswirkung von Achtsamkeit-Meditation bei GründerInnen zu analysieren. Es zielt darauf ab, bestehende Literatur zu erweitern, indem untersucht wird, wie GründerInnen von achtsamen Praktiken profitieren können, wenn sie in einem Gründerteam agieren. Daher erforscht diese Studie, zu welchem Maß Achtsamkeit GründerInnen in ihren Early-Stage Gründerteams unterstützen kann. Ergebnisse zeigen fünf Bereiche, die durch Meditation positiv beeinflusst werden und wie dies als Tool im Managementbereich genutzt werden kann.

Mindfulness for Wellbeing

Money and Mindfulness

Increase Workplace Productivity, Creativity, and Clarity Through the Power of Mindfulness

Mindful Leadership

The Mindfulness Advantage in Entrepreneurship

The Mindful Startup

The Mindful Manager

Secrets to Pure Performance

Can you succeed in business when your strength is more about sensitivity than swagger? If you're moved by meaning, more than manipulation? In other words: Can you succeed while still being you? Christine Kane is living proof that the answer is yes. Far too many of us have swallowed the notion that business owners have to be a certain way to be successful—strategy-obsessed, data-driven, and relentlessly aggressive.

Bookstore shelves are lined with guides for entrepreneurs that urge them to "Crush it! "10X It!" or "Unf**k it!" Those who aren't crushers or unf**kers of anything are left wondering if something's wrong with them. Like, maybe they're just not cut out for business. A former songwriter and performer, and then founder of Uplevel YOU—a multi-million-dollar business coaching company—Christine Kane shows a new class of entrepreneurs another way. It's time to connect, not crush. In *The Soul-Sourced Entrepreneur*, Kane shares the insights that have helped thousands find success without losing themselves. In these pages, readers will find a practical plan to:

- Toss out ineffective, old-school goal-setting models.
- Reframe your intuition and sensitivity as valuable assets, not as flaws to hide.
- Examine old patterns for clues as to what's been holding you back.
- Clean up the spaces and distractions draining your energy and power.
- Learn to confidently trust in your own wisdom.
- Break free from fear-based decision-making that plagues most businesses.

Throughout the book, you'll hear stories from other soul-sourced entrepreneurs, who employ their own reliable, unique set of best practices based as much in intuition and self-awareness as on specific skills and strategies. Forget business as usual. Your business is personal, and in this new era, authenticity, creativity, and sensitivity are what set businesses apart. *The Soul-Sourced Entrepreneur* is your unconventional plan to build the business of your dreams, and being wildly successful by being you.

The breakthrough model to create work life harmony in business by reigniting your purpose and living authentically.

Why do entrepreneurs constantly search for success, when it is happiness they are after? It is this question that many never stop to think about on their entrepreneurial journey. This blind push has created a crisis that is driving many entrepreneurs down the wrong path, and leading to lives of complete unhappiness, frustration, and a loss of who they are. Regardless of their success. Despite how they feel, they push even harder hoping that they will be able to move forward and feel better once they reach the next level. But no matter what they do, or what level they are at, these deep feelings, thoughts, and emotions, never go away. The constant barrage of emotions, influence, and beliefs has only strengthened this crisis. It has become a large epidemic that very few people are talking about or even realize exists. It is destroying who entrepreneurs are, and ultimately keeping them from what they really want. "The Entrepreneurial Identity Crisis" aims to answer why this is happening to so many entrepreneurs, and why so many of them don't even realize they have been drawn into this crisis. Along with explaining why this is happening, this book aims to show entrepreneurs what they can do to not only reach the level of success that they want, but to feel happy, content, and fulfilled as well.

Become a true leader through Mindfulness If you thought leading a team or organization meant simply creating and implementing a financial plan, delegating responsibility, and watching the bottom line, well, you're only partly right. True leadership comes from within, a place of deep calm and focus, that allows you to respond to any situation as it arises. In *Mindful Leadership*, you'll learn how to draw on those inner reserves through Mindfulness Meditation, a tool you can use to achieve focus and clarity, reduce stress, and develop the presence of mind to meet any number of challenges. The book opens up a world of meditation exercises that can be done anywhere, anytime (no chanting or patchouli required!) and that are the gateway to improved judgment and decision making, improved time management, enhanced team effectiveness, greater productivity, and more on-the-job inspiration and innovation. Details the nine ways in which leaders can incorporate Mindfulness into every aspect of their lives Illustrates how meditation and business actually do mix Essential for anyone interested in anticipating and serving client needs The author coaches executives throughout North America and is quoted widely in the media Offering essential skills for both life and work, *Mindful Leadership* shows how it's possible to successfully lead a team, an entire organization—or just yourself.

The Mindful Athlete

MentHER

How to Rewire Your Brain for Leadership and Personal Excellence Without Adding to Your Schedule

The Mindful Elite

An Unconventional Success Plan for the Highly Creative, Secretly Sensitive, and Wildly Ambitious

Mindful Management: How Innovators Should Use The Power of Meditation to Succeed

The Growing Movement That Is Destroying the Happiness and Success of Entrepreneurs

Mindful Communication in the Age of Distraction

Chronicling the true story of one entrepreneur's journey, *The Mindful Entrepreneur* provides a raw, brutally honest account of how to transform the frustrations, pain and struggles faced by countless business owners into stability, growth, freedom and meaning.

Encourages women to seek empowerment through spirituality, philanthropy, creativity, fashion, honesty, and community building.

Unleash your inner mindful leader Mindfulness, emotional intelligence and resilience are the “must have skills” for modern leaders—yet many professionals are too stressed to know where to start. *Creating Mindful Leaders* provides deep insights and easy practices based in neuroscience, brain training and positive psychology to help professionals thrive in the “age of disruption.”

Written by a global COO turned successful tech entrepreneur, the book provides a roadmap to greater health, happiness and performance. It speaks to every professional wanting to reduce

stress, achieve greater success and enjoy life more. Offers immediately actionable techniques for professionals at all skill levels Provides relatable, real-world advice Helps build resilience while changing your relationship to stress Shares a roadmap for sustainable performance in the face of ongoing change Creating Mindful Leaders provides an informed, humorous and expert peak into the sources of stress caused by the modern pace of living and offers practical, actionable tools and techniques as the antidote to manage stress, increase resilience, and improve your wellbeing, performance, relationships, sleep and physical health.

DO YOU HAVE BIG DREAMS AND BIG PLANS, BUT LACK THE RESOURCES TO PURSUE THEM? DO YOU FIND YOURSELF SAYING "IF ONLY I HAD THE MONEY..." ARE YOU TOO EMBARRASSED TO ASK OTHERS FOR HELP? In her best-selling book *Daring & Disruptive* and its sequel *Life & Love*, serial entrepreneur Lisa Messenger shared the business insights gathered in more than a decade of success across multiple industries, including how to identify your true purpose, pinpoint your passions and create the working life most only dream of. But, let's be honest, you need the means to make it all happen. In her latest book, she tackles a topic with a stigma - money! What would you do if money was no object, how can anyone find profit in the impossible and - her personal bugbear - when will "gunnas" stop using lack of money as an excuse for not stepping out of their comfort zone and pursuing their purpose? Mixing advice from mentors, experts and famous role models, with lessons learned in her own entrepreneurial journey, Lisa reveals how she built a global brand, and launched a magazine sold in 37 countries, without having to borrow a single cent from a bank. This is from a woman who, years before, could barely afford to buy toothpaste. In the self-deprecating manner that has become her trademark style, Lisa shares her own journey, clearly stating she is not a guru when it comes to finances, but has used fresh thinking and creative ideas to fuel a burgeoning business. She will help you appreciate your real value, amplify your self-worth and find the means to achieve everything you dream of. Many of us are raised to believe it's rude to talk about money. But as a self-proclaimed disruptor, this entrepreneur wants to put a bomb in the bank vault and blow it wide open...

A Wholehearted Guide Through the Mindful and Compassionate Entrepreneurial Journey

The Mindfulness Edge

Calm the Mind - Build Resilience - Discover Optimal Well-Being: an Eight-Week Course

Grow Your Sales, Do What You Love

Surviving and Thriving in a Relationship with an Entrepreneur

The Soul-Sourced Entrepreneur

How Practicing Gratitude Can Make You Happier

Creating Mindful Leaders

Provides researchers and professionals with an overview of the latest theory and empirical research on mindfulness in an organizational context.

*The one habit that can improve almost every leadership skill There is a simple practice that can improve nearly every component of leadership excellence and it doesn't require adding anything to your busy schedule. In *The Mindfulness Edge*, you'll discover how a subtle inner shift, called mindfulness, can transform things that you already do every day into opportunities to become a better leader. Author Matt Tenney has trained leaders around the world in the practice of mindfulness. In this book, he partners with neuroscientist Tim Gard, PhD, to offer step-by-step, practical guidance for quickly and seamlessly integrating mindfulness training into your daily life—rewiring your brain in ways that improve both the 'hard' and 'soft' skills of leadership. In this book, you'll learn how mindfulness training helps you: Quickly improve business acumen and your impact on the bottom line Become more innovative and attract/retain innovative team members Develop the emotional intelligence essential for creating and sustaining a winning culture Realize the extraordinary leadership presence that inspires greatness in others The authors make a compelling case for why mindfulness training may be the 'ultimate success habit.' In addition to helping you improve the most essential elements of highly effective leadership, mindfulness training can help you discover unconditional happiness and realize incredible meaning—professionally and personally.*

*Make the time for what matters most by breaking up with busy Overbooking and undersleeping have almost become status symbols, and having it all seems to be synonymous with doing it all, yet what do we really accomplish with so much busyness? Yvonne Tally wants to give you back your life by helping you break the busyness habit. She offers realistic, step-by-step, and even fun ways to get off the busyness hamster wheel and reclaim your time. Yvonne shows how the benefits of living a more balanced life can improve your longevity and spiritual well-being. She outlines ways to shift and calm your mind, learn how to say no, and create your own "busy-busting solutions." With fifty-two refreshers and reminders, *Breaking Up with Busy* provides incremental ways to change habits, transform thinking, and reconnect with your unique, personal sense of play and pleasure.*

*Entrepreneurship is tough and statistically about 70% of start-ups fail. How can we change these statistics and make sure the emerging generation of aspiring entrepreneurs are ready? It starts with the mind. Most people believe businesses fail because of outside forces - markets and customers. In fact, research shows us that 13% fail because of a loss of focus. Founders who fail to control their minds and harness the power of their mindset, fail. With the right mindset, you can succeed in business. Reaching this mindset is easiest through meditation. Through the mindset that meditation yields, one can become more effective and successful in entrepreneurship because of how one approaches common obstacles or problems. In *Mindful Management*, you will see the incredible effects that meditation can have on your business with just 20 minutes of mindfulness practice per day. The book examines how harnessing the power of our mind can help the Mindful Innovator succeed. You will also read stories, insights and lessons from experts in entrepreneurship and meditation including: * How John Paul DeJoria, the founder of Paul Mitchell hair products and Patrón Spirits, endured homelessness twice in an effort to build businesses* Research that has shown that the mind has the ability to heal - or harm - the body* How Russell Brand, a British comedian and actor, used meditation to overcome his addictions This book is a must-read if you are an aspiring entrepreneur, or looking for extra support in the workplace. Meditation can be applicable in any workplace setting. The lessons you learn throughout this book will help you succeed, not just in areas of business, but in all areas of life and it's vast challenges.*