

Endorsements and Praise

The world is becoming more complicated, and making good decisions is both more important and increasingly difficult. This book helps you understand what's happening to our brains, and what we can do about it.

*Wayne Turmel
Co-Author
The Long-Distance Leader:
Rules for Remarkable Remote Leadership*

Better Decisions. Better Thinking. Better Outcomes. How to go from Mind Full to Mindful Leadership. by Steven Howard is an engaging read full of great advice for busy leaders who want to be more effective and to lead with both heart and mind.

Supported by research, each chapter unpacks concrete strategies for the busy professional to become more mindful about their approach to leadership in any organization. This is a book I will definitely recommend to colleagues who are succumbing to the expected stresses and challenges of leadership. This book will help you be your best self!

*Susan Rice, Head of School
Palm Valley School
Rancho Mirage, CA*

Steven mentions LEADERSHIP as both a Science and an Art. After reading this book I would also add Craft. Steven not only gives us a motivational framework in which to apply Leadership but additionally provides practical steps and exercises to deepen our pursuit towards leadership excellence. Even while reading, his enthusiasm and style moved me to begin my own practice. As you read, you will want to have pen and paper at the ready for frequent notes and tips.

*John Petraborg
Global Leadership Development Facilitator*

Steven Howard's new book *Better Decisions. Better Thinking. Better Outcomes.* provides the variables that cause "mind full" leaders to make bad decisions. Unconscious biases caught my attention as they negatively impact gender-related decisions daily.

Readers are provided with excellent mindfulness techniques that will enable them to move from "mind full" to "mindful" leadership and deliver better outcomes for their organizations.

*Lynn Schmidt, PhD
Author, Shift Into Thrive:
Six Strategies for Women to Unlock the Power of Resiliency*

Seasoned judgment is essential to great leadership, because leaders are called to make bold, thoughtful, and wise decisions. Sweeping in scope and rich in value, this book will help your leadership gain focus, stamina, and enjoyment. As the title suggests, when you make better decisions, have better thinking, and get better outcomes, you become a better leader.

*Bill Treasurer
Bestselling author of Leaders Open Doors*

Mindfulness — it is not something that we really think about. As a business leader, it is about making that optimum decision at a given point of time. Unfortunately, between juggling life, work, stress and constant deadlines, we forget to nourish the one muscle that is making all these decisions – our brain. This book reminds us the importance. *Better Decisions. Better Thinking. Better Outcomes.* is packed full of tips, steps and techniques on how to boost your brain power that leads to better decision-making. Not just better decision-making, but also becoming a better leader!

*Alex Chan
CEO, Babbobox
Singapore*

As leaders, we all make less-than-optimal decisions at times that produce poor or inadequate results. Steven Howard's book explains why this happens and how to make better decisions and create more desirable outcomes for ourselves, our colleagues, and our organizations.

*William Carlson
President
Tucker/Hall Public Relations and Communications Consulting*

What strikes me most about Steven Howard's latest work is the extensive list of practical ideas for healthy brain management. I found myself repeatedly comparing my daily routines to the research Steven adroitly summarizes from sources ranging from the *Journal of Alzheimer's Disease* to *Harvard Health*. I keep a copy nearby to periodically check on everything from eating habits to meditation. Save yourself the time of scanning hundreds of books and articles on mindfulness and read *Better Decisions. Better Thinking. Better Outcomes. How to go from Mind Full to Mindful Leadership*

Better Decisions. Better Thinking. Better Outcomes focuses on one of the most challenging aspects of modern-day leadership — how to be a positive force in the midst of VUCA. Steven has moved the discussion away from the symptoms of poor decision making to an understanding of its root causes and how to deal with them. Chapter after Chapter offer practical steps for personal development and insights in how to keep mind and body in harmony.

William F. Molloy
Leadership Development Coach and Facilitator
FORTUNE 500 companies