



## Leadership from the Inside Out: Becoming a Leader for Life

*Kevin Cashman*

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"Leadership from the Inside Out," Kevin Cashman's breakthrough business bestseller that clearly connected personal growth to leadership effectiveness, is now completely revised and updated with: -an explosion of new validating independent research

-impressive new case studies

-new tools and practices

-an even more powerful virtual coaching experience

Still framed in seven simple yet profound "mastery areas," this book serves as an integrated coaching experience that helps leaders understand how to harness their authentic, value-creating influence and elevate their impact as individuals, in teams, and in organizations. Cashman demonstrates that his trademark "whole-person" approach--we lead by virtue of who we are--is essential to sustained success in today's talent-starved marketplace and provides a measurable return on investment. For everyone from CEOs to emerging leaders.

## **Leadership from the Inside Out: Becoming a Leader for Life Details**

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Author : Kevin Cashman

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# From Reader Review Leadership from the Inside Out: Becoming a Leader for Life for online ebook

## James says

I often bemoan the vapidity of leadership literature which treats 'leadership' as a silver bullet which cures whatever ails any organization. Nevertheless the genre of business leadership has two sorts of books which have some important things to say:

1. Books which address managerial systems, administration, systemic approaches
2. leadership as personal development.

This book is very much the second sort of book, which is a sort of Self-help for the Corporate soul approach. Cashman proposes that the best leaders are those with personal mastery, purpose mastery, change mastery, interpersonal mastery, being mastery, and action mastery. So if you want to be master of your own domain, this may be the book for you. There is a lot of helpful advice, questions for self reflection and steps to help you integrate what this book says

Personally I think this book has some helpful things to say but that it is too individualistic and overly anthropocentric for me. Cashman at a number of points declares that religious and spiritual beliefs should only be followed as far as they aid personal development. The whole thing is theologically deficient and rather 'me' centered.

I got this on audio via my public library and will promptly forget everything in this book. But if you had a hard copy, you may find Cashman's tips helpful and it might make you a better (and more productive) person. Probably not.

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## John Brown says

It had a lot of good principles, but sometimes an author captures the material in a way that impacts your life, other times it doesn't. This one just didn't work for me.

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## JoAnn says

Every time I leaf through this book I find more gems. Great for taking stock of oneself and deciding on new avenues for personal and professional growth. Cashman presents seven "pathways" that offer leadership development for individuals. They include Personal Mastery, Purpose Mastery, Change Mastery, Interpersonal Mastery, Being Mastery, Balance Mastery and Action Mastery.

Rather than relying on "action-able checklists" and to-do's, Cashman believes that only by knowing ourselves through honest self-reflection can we grow as a person, and only by growing as a person "can we grow as a leader." A cornerstone book for anyone interested in growing into one's own authenticity.

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### **Arun Mahendrakar says**

I'm not sure if this book is only for the CEO's and other top-level management people. This book is for anyone who is looking at leadership skills at any level. Also, pretty much anyone who wants to develop his personality should read this book.

I have now started to look at my 'shadow beliefs' to improve myself.

"Try not to become a man of success. Try to become a man of value." - from the book.

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### **Rand Hall says**

Oh, dear. What a load of navel-gazing New Age hooey.

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### **Tony Vynckier says**

Mr. Cashman has captured the timeless principles of leadership development. Cashman's definition of leadership gets at the very core of personal growth and fulfillment. He provides a comprehensive road map for individuals to inspire others and to assure personal growth and development in the people with whom they work.

As much as we try to separate the leader from the person, the two are totally inseparable. "Leadership is not simply something we do. It comes from somewhere inside us. Leadership is a continuous process, an intimate expression of who we are".

True leadership begins with keen self-awareness. The book 'Leadership from the Inside Out' gives us a way to discover who we are and what leadership implies. This book challenges us to dig deeply into ourselves, examine our beliefs and motives.

Leadership is a way of life, not only an organizational role.

For me, the following statements were key:

- 'Take total responsibility'
- 'You are the CEO of your own life'
- 'Don't just walk the talk, become the talk'
- 'Grow the person in order to grow the leader'

'Leadership from the Inside Out' is one of the most "eye opener" books I have come across. It questions our being, our purpose and our short stay in this world.

If we don't know who we are, how do we expect to lead others to their next level?

TONY VYNCKIER

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## **Mark Wilkerson says**

*Leadership from the Inside Out* is a book 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.

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## **Dale Critchley says**

Good self evaluation tool, but he goes off the rails for awhile on a transcendental meditation rant. Definitely better as a print or ebook than audio.

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## **Mark Manderson says**

Very basic info but still grabbed some nuggets.

Takeaways:

There is only one true failure in life and that's not believing in oneself.

If you are irritated with every rub then how will your mirror get polished. - Rumi

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## **Hans says**

I'm so used to Leadership books and their cosmetic approach that this one caught me off guard. Instead of the typical worn-out American mantra of "7 steps to Awesome", this author actually contends that Leadership is a by-product of a healthy inner world. Where one's individual relationship with their own internal demons matters more than all the "Power Habits" one develops. He argues that true leaders source of strength and

influence comes from their integration of all aspects of themselves. We all have aspects that are unknown and these "shadows" are what become our demons. To prevent them from destroying us from the inside we have to integrate them. This process of integration starts with the journey towards the center of your own being. Through self-reflection and meditation. So many organizations pay lip service to the importance of "Integrity" but don't even know what it means. The root of the word being "integer" which means "whole". Thus integrity actually means a human whose internal reality is whole. That wholeness is what allows them to live from a mental & emotional foundation of strength. This gives their lives an oft-lacking authenticity that others then find extremely refreshing and inspiring. After one achieves that wholeness they then have the responsibility of helping others in their journey as well so that there will be more potential leaders after you.

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### **Tom Jenckes says**

I searched for a book to use in my Business leadership class at Argosy University. This book met my every need. The dean was very impressed with my find. The students in my class were really turned on by this book. I recommend it highly!

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### **Alesia says**

great information just tough to get thru

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### **Ce says**

Textbook for Lee Ann's Emmanuel OB class

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### **Rozana says**

Enjoyed reading the first couple of chapters & then I found it to be like a text book. I guess the style of reading is not page to page, but more like a reference, especially for leader training programs / workshops. A great resource though.

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### **Janice says**

This isn't a quick read, but it's a valuable read. This is one of those leadership manuals/workbooks that would be really great to do in a small group or with a mentor to guide you along the way and to talk about all the parts. I didn't do the lists, writing everything down, but read for concepts/ideas. I did however, copy (shhhh) some of the pages as I would like to write through them, ponder them, and discuss with friends as I learn and grow. This book is a definite must read for those either seeking to become leaders or those in leadership roles who do not seem to be getting the feedback, support, and growth back from their teams and those they lead. We are all works in progress and leaders can be developed if nurtured and we are willing and able to look inside for changes rather than expect the world to conform to our styles and needs.

