

Contents

<i>Foreword</i>	<i>vii</i>
Introduction	1
1. The MSC Leader	7
PART ONE	
Understand and Lead Yourself	
2. Understand Yourself	25
3. Mindfully Lead Yourself	45
4. Selfless Self-Leadership	63
5. Lead Yourself with Compassion	79
PART TWO	
Understand and Lead Your People	
6. Understand Your People	101
7. Mindful Leadership	115
8. Selfless Leadership	127
9. Compassionate Leadership	143

PART THREE

Understand and Lead Your Organization

10. Understand Your Organization	161
11. Lead for a Mindful Organization	171
12. Lead for a Selfless Organization	185
13. Lead for a Compassionate Organization	195

<i>Afterword: Leadership for a Hard Future</i>	205
<i>Appendix A: The Mind of the Leader App</i>	209
<i>Appendix B: Practices for Training Compassion</i>	211
<i>Notes</i>	215
<i>Index</i>	225
<i>Acknowledgments</i>	235
<i>About the Authors</i>	237
<i>Author Team</i>	239