

# CONTENTS

FOREWORD <i>by Larry Winget</i>	xi
INTRODUCTION: Calling All Leaders	1
<b>PART ONE: FIND PEACE AT WORK</b>	<b>7</b>
<hr/>	
1 You Are the Source of Your Suffering—and That’s the Good News	9
2 If You Argue with Reality, You Lose (but Only 100 Percent of the Time)	19
3 Would You Rather Be Right, or Wildly Successful?	35
<b>PART TWO: RESTORE SANITY TO THE WORKPLACE</b>	<b>47</b>
<hr/>	
4 Lead First, Manage Second	49
5 Play Favorites: Work with the Willing!	69

*Contents*

<b>6</b>	Change Is a Fact of Life—Get Over It! How to Bullet-Proof Your Employees	83
<b>PART THREE: LEAD YOUR TEAM TO RESULTS</b>		<b>103</b>
<b>7</b>	Opinions No Longer Count—Actions Do!	105
<b>8</b>	Stop Judging and Start Helping: The Golden Rule of Teamwork	125
<b>Conclusion</b>	The Reality-Based Leader’s Manifesto	141
<b>APPENDIXES</b>		<b>145</b>
<b>Appendix 1</b>	Alignment Survey	147
<b>Appendix 2</b>	Self-Test: Managing Versus Leading	149
<b>Appendix 3</b>	Feedback Frame	153
	NOTES	155
	ACKNOWLEDGMENTS	157
	ABOUT THE AUTHOR	161
	INDEX	163