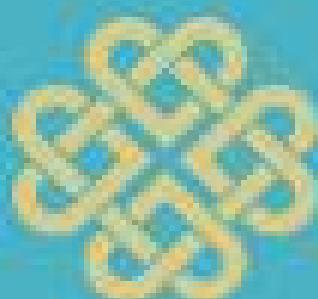


PETER BREGMAN

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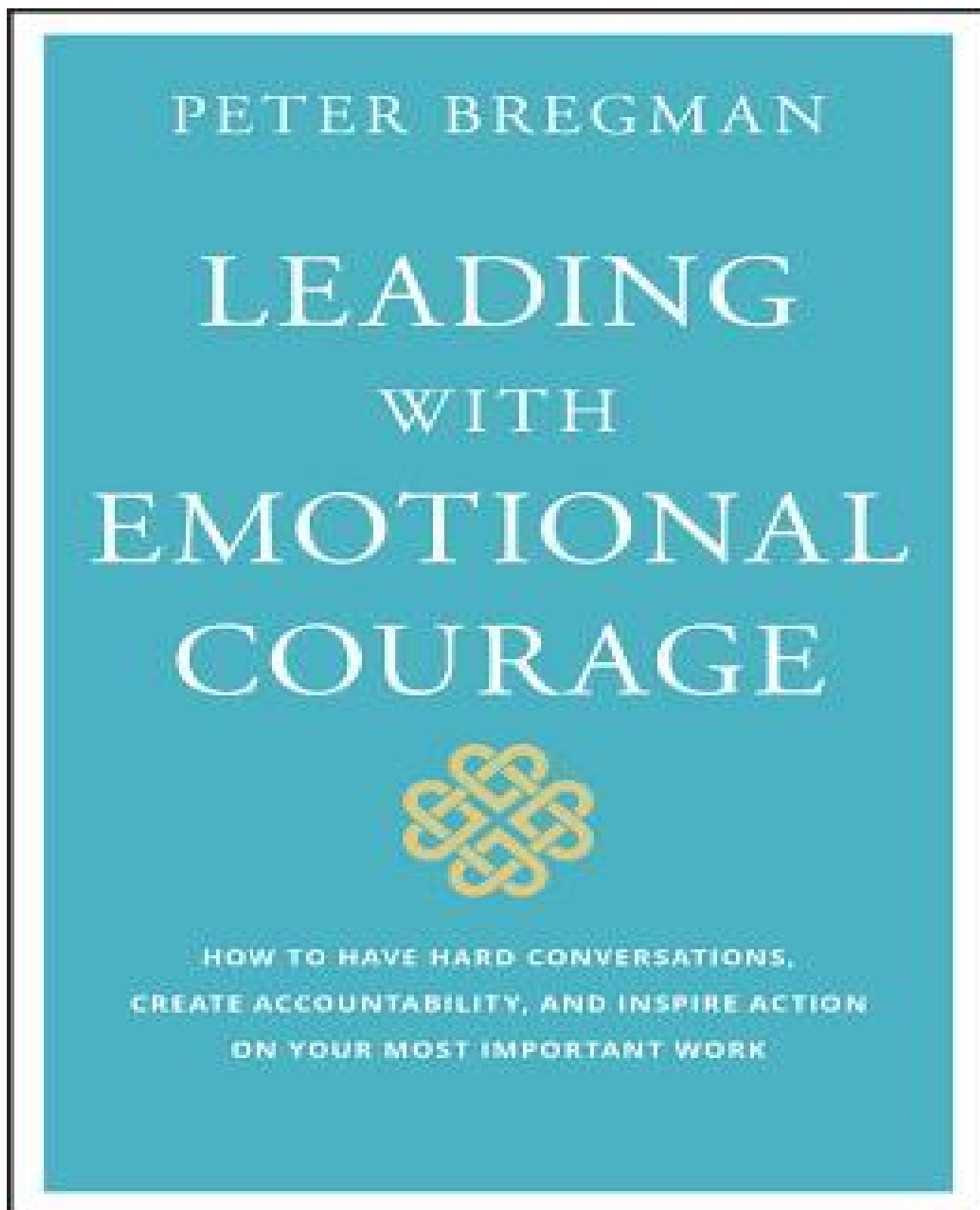
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## **Synopsis book**

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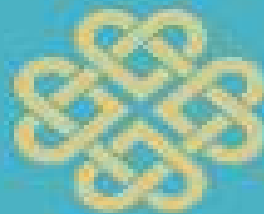
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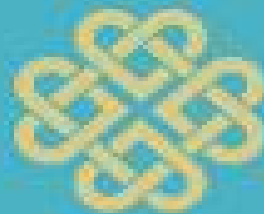
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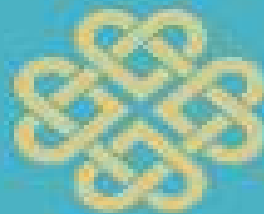
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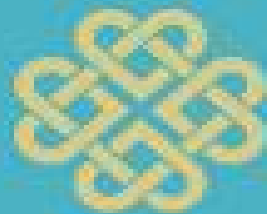
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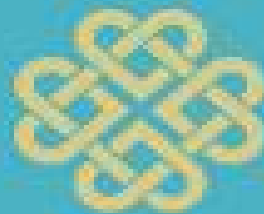
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What makes leadership hard isn't theoretical, it's practical. It's not about knowing what to say or do. It's about whether you're willing to experience the discomfort, risk, and uncertainty of saying or doing it. The most critical challenge of leadership is having emotional courage. That's the idea at the heart of this book, based on Peter Bregman's popular blogs for Harvard Business Review. Each short chapter offers a simple, practical step for building your Emotional Courage muscle, flexing it, watching it grow stronger. By the end of the book, readers will be better able to speak up when others are silent; remain steadfast, grounded, and measured in the face of uncertainty; respond productively to political opposition -- maybe even bad-faith backstabbing -- without getting sidetracked, distracted, or losing focus; and stay in the discomfort of a colleague's anger without shutting off or becoming defensive.

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What makes leadership hard isn't theoretical, it's practical. It's not about knowing what to say or do. It's about whether you're willing to experience the discomfort, risk, and uncertainty of saying or doing it. The most critical challenge of leadership is having emotional courage. That's the idea at the heart of this book, based on Peter Bregman's popular blogs for Harvard Business Review. Each short chapter offers a simple, practical step for building your Emotional Courage muscle, flexing it, watching it grow stronger. By the end of the book, readers will be better able to speak up when others are silent; remain steadfast, grounded, and measured in the face of uncertainty; respond productively to political opposition -- maybe even bad-faith backstabbing -- without getting sidetracked, distracted, or losing focus; and stay in the discomfort of a colleague's anger without shutting off or becoming defensive.



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