



# Leadership and Mindful Behavior: Action, Wakefulness, and Business

*Joan Marques*

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## **Leadership and Mindful Behavior: Action, Wakefulness, and Business** Joan Marques

Awareness is a critical aspect of successful leadership. As a new generation of business people enter the job market, the value of perceptive individuals should be considered among the most important assets for any company to acquire. Aimed at business students preparing to enter the workforce, *Leadership and Mindful Behavior* provides readers with guidelines for effective and perceptive leadership. Some of the aspects to be reviewed will be the importance of both soft and hard skills; the concepts of sleepwalking and wakefulness; and mental models, respect, change, and compassion.

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