



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

*J. Marques*

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

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; mental models, respect, change, and compassion.

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