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Spoken & Written by Vince Poscente

A Parable and Step Action Plan to Transform Workplace Performance



the ant and the

ELEPHANT

LEADERSHIP FOR THE SELF

The Ant And The Elephant Leadership For The Self

Alexandra Elinsky, PhD



The Ant And The Elephant Leadership For The Self:

The Ant and the Elephant Vince Poscente, 2006 Of all the animals the elephant rescues only the tiny ant returns the favor

THE ANT AND THE ELEPHANT - LEADERSHIP FOR THE SELF (HINDI) Vince Posecente, *The Ant and the Elephant* is an entertaining parable to help you unleash the massive power of human potential Its goal is to demonstrate how we can unite the powerful forces of conscious and subconscious thought to reach our peak performance levels as individuals and as leaders In this book renowned business consultant and Olympian Vincent Poscente weaves a cleaver parable around profound concepts that can have an immediate impact on your life and the life of those around you Using a mix of wit and wisdom Poscente shows us how to focus on and re direct our subconscious mind in order to accomplish the goals we strive to achieve In order to explain the relationship between the conscious and sub conscious mind in an entertaining fashion Poscente uses the story of Adir the ant and Elgo the Elephant The story itself is fun to read and the wisdom he wishes to impart is woven into the story There is a pause after each chapter with bullet points to to help you understand the principles covered within the chapter and realize how they apply to you and how they can transform your life Using the lessons of Adir the ant you will learn how to Clarify your vision Commit to cultivating positive dominant thoughts Consistently focus on performance Strengthen confidence Control the response to any situation Although the story is simple and enjoyable reading it stays on in your mind and the concepts taught in the book when applied will change your life forever This book will have an immediate impact on your life

The Ant and the Elephant (Summary) Vince Poscente, 2014 getAbstract Summary Get the key points from this book in less than 10 minutes Former Olympian Vince Poscente s entertaining short parable works with the metaphors of a determined little ant as your conscious mind and a habit driven elephant as your subconscious mind You make hundreds of small decisions daily mostly without thinking because your subconscious runs your life Yet these accumulated choices put most people on safe predictable boring paths of mediocrity When you see glimpses of what you could become heed those insights Don t revert to your old ways just because change is hard and progress may be slow With the right mind set and determination think of an ant s diligence you can overcome inertia and break through Turn to Poscente s five step action plan based on clear vision commitment consistency confidence and control Align your conscious goals with those of your subconscious so the ant rules the elephant Convince your inner more conservative self that your goal is not only possible but also inevitable getAbstract recommends this accessible heartwarming story to anyone seeking to reduce fear alter old habits and change for the better Book Publisher Be Invinceable Group *Summary of The Ant and the Elephant by Vince Poscente* getAbstract AG, 2014-12-22 Former Olympian Vince Poscente s entertaining short parable works with the metaphors of a determined little ant as your conscious mind and a habit driven elephant as your subconscious mind You make hundreds of small decisions daily mostly without thinking because your subconscious runs your life Yet these accumulated choices put most people on safe predictable boring paths of mediocrity When you see glimpses of what you

could become heed those insights Don't revert to your old ways just because change is hard and progress may be slow With the right mind set and determination think of an ant's diligence you can overcome inertia and break through Turn to Poscente's five step action plan based on clear vision commitment consistency confidence and control Align your conscious goals with those of your subconscious so the ant rules the elephant Convince your inner more conservative self that your goal is not only possible but also inevitable getAbstract recommends this accessible heartwarming story to anyone seeking to reduce fear alter old habits and change for the better This officially licensed summary of The Ant and the Elephant was produced by getAbstract the world's largest provider of book summaries getAbstract works with hundreds of the best publishers to find and summarize the most relevant content out there Find out more at getabstract.com **Learn and Grow**

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through connection to the Source The myth of competition and how you only have to create to succeed The power of modeling and acting on the clues that success freely leaves for you The miracles that show up in your life when you invest in helping people to have their best life ever Under Jan Ryde s management H stens founded in Sweden in 1852 as a one man saddlery has grown into one of the world s most beloved brands with stores from Los Angeles to London from Istanbul to Singapore H stens enjoys an outstanding international reputation for creating the finest beds in the world as evidenced by a client list that includes everyone from Hollywood royalty to actual crowned heads of state Its luxurious handcrafted top of the line Grand Vividus sells for as much as a million dollars Readers following Jan Ryde s example of business as love will find themselves asking the transformative question that motivates the entire H stens team how good do you want to have it

Better Than Perfect Elizabeth Lombardo,2014-09-23 From Shaquille O Neal s head coach for happiness a proven powerful method for shaking the chains of perfectionism to live a happier healthier life Perfectionists exist in every walk of life While outwardly they appear to be very accomplished they are often unhappy and unfulfilled Perfectionists strive toward unattainable goals and their behaviors can wreak havoc on both their physical health and their psychological well being Timely and transformative *Better than Perfect* by Dr Elizabeth Lombardo offers step by step instructions for perfectionists to find balance and freedom The book defines perfectionism in easy to understand terms offers simple assessment tools and shares case studies of Lombardo s patients to highlight the condition Also included are practical exercises and suggestions for behavioral changes including seven ways to overcome perfectionism that range from choosing passion over perfection to remembering you re more than what you do With the ultimate goal of helping readers achieve happiness and prosperity without the stress of making sure things are perfect *Better than Perfect* is a fundamental guide for all perfectionists seeking new fulfilled and empowered lives

Girl Grit Alexandra Elinsky, PhD,2024-11-08 *Girl Grit Savage Not Average* is the first book in the empowering Human Empowerment trilogy for women worldwide Dr Elinsky guides readers through a profound journey of harmonizing thought and emotion exploring personal fulfillment and experience She transforms her readers from doormats controlled manipulated and walked over by others into daredevils fearless warrior women living without regret Discover what it means to go from average to savage in this emotional action packed self help adventure that will not only inspire you but also challenge societal conditioning to be a good girl focused on serving and pleasing others In *Girl Grit* Dr Elinsky passionately challenges and dismantles restrictive gender roles asserting that they limit our potential as women and undermine our purpose as equal human beings As an expert in gender relationship dynamics Dr Elinsky draws on extensive research to critically examine the very fabric of our social conditioning She urges It is time to wise up rise up and ascend to your highest potential Celebrating the worthiness and grandeur of women s capacities *Girl Grit* will elevate you to unimaginable heights Finally Dr Elinsky advises Do not read this book unless you are ready to revolutionize your life as you know it Learn what it means to become a fire woman and unleash your regal authority into the world *Girl Grit* will set your

self esteem on fire The Ultimate Life Map Leigh Martinuzzi,2020-09-11 As long as we are asleep and unaware we may never wake up to our true purpose in life The Ultimate Life Map will assist you in defining your Life Compass It will help you understand the fundamental Life Principles so you can purposefully navigate your way towards living life with greater freedom fulfilment and happiness Stop teasing yourself Wake up Believe and know that the life you wish for is possible Align your thoughts and behaviours with your values With what matters to you We cannot live The Ultimate Life by aligning ourselves with societal expectations and external demands Those paths lead us into traps of acceptance and conformity Break free from the status quo Question everything Ask Why The Ultimate Life is available for anyone willing to create the change Are you ready to wake up Toltec wisdom aligns beautifully with The Ultimate Life Map Its purpose is to connect people to their why their authentic Self and in doing so putting them on their own unique journey in life that will open the doors and shine the light on greater freedom fulfilment and happiness The Earthquake Vince Poscente,2021-11-30 From the New York Times bestselling author of The Age of Speed and The Ant and the Elephant comes an all new parable to help you break free from feeling stuck and bounce back after a crisis Life has its ups and downs however we should never give up hope The Earthquake will inspire many to meet the difficult challenges of life Dalai Lama The Earthquake is a must read for anyone looking to find their way to sustained hope Use this book to find specific solutions to the setback you re currently facing or to help others bounce back from their personal earthquake This parable will help readers to Reframe dark times as illuminating experiences Resist the impulse to go it alone Find fresh perspectives Seek a path where you can enjoy the journey In this entertaining modern day fable Vince Poscente introduces us to the well intentioned conscious ant and the habitually fearful subconscious elephant as seismic destruction changes their world and ultimately forces them to leave their oasis What Adir the ant and Elgo the elephant learn and what you ll learn by journeying with them is the linear path they used to reach the oasis in The Ant and the Elephant does not work in the chaos after an earthquake How can they breakthrough and thrive after a life altering setback This book offers prescriptive advice and is based on Poscente s study of practices including decoding human behavior the neuroscience of performance interpersonal dysfunction around fear

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Poscente weaves a cleaver parable around profound concepts that can have an immediate impact on your life and the life of those around you Using a mix of wit and wisdom Poscente shows us how to focus on and re direct our subconscious mind in order to accomplish the goals we strive to achieve In order to explain the relationship between the conscious and sub conscious mind in an entertaining fashion Poscente uses the story of Adir the ant and Elgo the Elephant The story itself is fun to read and the wisdom he wishes to impart is woven into the story There is a pause after each chapter with bullet points to help you understand the principles covered within the chapter and realize how they apply to you and how they can transform your life

Mindful Leadership Michael H. Dickmann, Nancy Stanford-Blair, 2008-10-23 Carefully researched and updated yet filled with practical and immediately usable strategies this is a must read book for anyone seeking to understand and influence human behavior Pat Wolfe Educational Consultant The most important book I have ever had the pleasure of learning from and using It gives leaders what they need to effectively meet the learning needs of individuals and positively affect organizational adaptability and capacity Delise Neely Assistant Professor of Educational Leadership Cardinal Stritch University Unleash the power of the leadership brain connection This updated edition of the groundbreaking book *Connecting Leadership to the Brain* provides school leaders with a visionary framework for understanding how mindful leadership significantly impacts growth and achievement in educational communities Offering an approach compatible with the ways individuals naturally process information and learn this resource links knowledge about the physiological social emotional constructive reflective and dispositional nature of the brain to compatible leadership practice Leaders will find specific examples and reflection exercises focused on how to Support the mind body connection Promote social relationships Harness the power of emotion Expedite the construction of knowledge Build a culture of reflection Cultivate productive dispositions *Mindful Leadership* is an essential companion for helping readers become mindful leaders who consciously attend to the nature of intelligence in the process of influencing the achievement of goals

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