

Press Release: Hacking Brain Science for Leaders

Press Release: *New Book Hacking Brain Science for Leaders* by Steve Gladis, Ph.D., Unveils the Neuroscience Behind Effective Leadership

Foreword by Marshall Goldsmith—the world’s most influential leadership thinker.

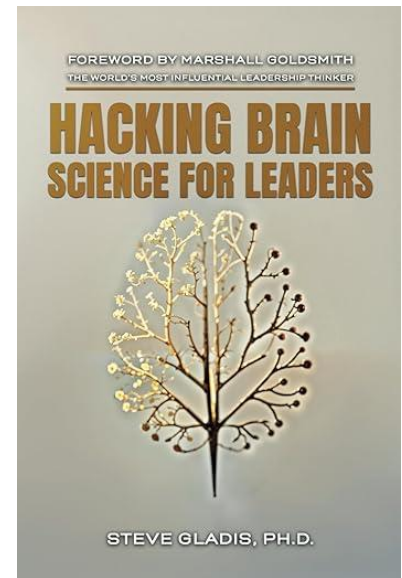
For Immediate Release

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Leadership expert and author Steve Gladis, Ph.D., is thrilled to announce the release of his latest groundbreaking book, *Hacking Brain Science for Leaders: The Neuroscience of Leadership*. This comprehensive guide offers a deep dive into the brain's inner workings to reveal how neuroscience can transform leadership practices.

Revolutionizing Leadership with Neuroscience

Hacking Brain Science for Leaders combines cutting-edge neuroscience research with practical leadership strategies, providing readers with a unique toolkit for enhancing their leadership capabilities. Dr. Gladis, a seasoned executive coach with decades of experience, presents evidence-based insights into how understanding brain functions can lead to better decision-making, emotional regulation, and the cultivation of trusted relationships.



Key Insights from the Book

The book is divided into four sections, each targeting a critical aspect of leadership:

1. **Making Better Decisions:** This chapter explores the prefrontal cortex's role in decision-making, the impact of dopamine on reward and risk-taking, and strategies to overcome cognitive biases.
2. **Managing Emotions:** This chapter delves into the limbic system's influence on emotions, techniques for emotional regulation, and the neuroscience of emotional intelligence.
3. **Building Trusted Relationships:** Highlights the role of oxytocin in trust-building, strategies for cultivating cooperation, and repairing team conflicts.
4. **Understanding Change and Neuroplasticity:** This chapter discusses the brain's ability to rewire itself, promoting continuous growth and resilience in leadership.

Practical Applications

Each section of the book includes actionable "Brain Hacks" designed to help leaders apply neuroscience principles to their daily practices. These hacks provide practical steps to improve decision-making, manage stress, build trust, and foster an adaptable and innovative organizational culture.

Real-World Impact

In addition to theoretical insights, *Hacking Brain Science for Leaders* presents a compelling narrative of a fictional company facing real-world challenges. Through this story, readers see how brain science principles can be applied in a business context to overcome obstacles and achieve success.

About the Author

Steve Gladis, Ph.D., is a distinguished leadership coach, author, professor at George Mason, and speaker. He has authored more than 25 nonfiction books on leadership and communication books and penned two novels. Dr Gladis is a sought-after speaker at corporate and government events.

Availability

Hacking Brain Science for Leaders: The Neuroscience of Leadership is now available for purchase on Amazon in four formats: Hardback, paperback, Kindle, and Audible.

Presentations

Dr. Gladis is also available to conduct corporate presentations on this topic, either virtually by Zoom or in person.

Contact Information

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Follow Steve Gladis, Ph.D. on social media for the latest updates on neuroscience and leadership: **Website:** <https://stevegladisleadershippartners.com> **LinkedIn:** <https://www.linkedin.com/in/stevegladis1/> **Amazon Author:** <https://tinyurl.com/yck8985n>