Leading in Fearful Times

Presenter: Dr. Ruth Zaplin

Video I mentioned re: safe to fail experiments/experimenting at the edges:
Complexity toolbox 3: Safe to fail experiments
April 23, 2018

www.youtube.com/watch?v=i_h2WJ1qNRA

References used to prepare slide deck and recommended reading:


For more information on mindtraps, see:

For more information on how to meditate, here are some books to start with:
Any books by Jon Kabat-Zinn, e.g., Mindfulness for beginners, Guided mindfulness meditation. Meditation is Not What You Think is excellent.

Any books by Yongey Mingyur Rinpoche particularly Joy of Living

Any books by Pema Chödrön, e.g., When Things Fall Apart: Heart Advice for Difficult Times

One of my personal favorites: Shambhala: The Sacred Path of the Warrior by Chögyam Trungpa