



## At a Glance

### TITLE

Energy Leadership:  
Transforming Your  
Workplace and Your Life  
from the Core

### AUTHOR

Bruce D. Schneider

### GENRE

Non-Fiction,  
Business/Leadership

### STYLE

Storytelling

### PUBLISHED

Wiley 2007

### PAGES

240

### BOOK DESCRIPTION

What is the single most important factor that distinguishes the great leaders from the rest?

Energy. But, you need to know how to control energy to make it work for, not against, you.

## Summary

According to the author, there are two types of energy a leader exudes; anabolic and catabolic. The anabolic leader exemplifies positivity, hopefulness and opportunity. The catabolic leader displays and brings out fear, worry, doubt and even anger. Both types of energy can be chronic or situational. Energy and how you use it, will determine your success as a leader.

By telling a story, Schneider takes the reader through seven levels of energy in an easy to grasp way. He builds on each level throughout the book, reinforcing the previous level as he goes. Each level is based on core emotions with apathy being the lowest level, followed by anger, forgiveness, compassion, peace, joy and absolute passion. Each core emotion has related core thoughts and actions/results. For example, apathy is associated with the belief you are a victim which can result in little or no action.

## Evaluation

The author takes a fairly complex chart (the Energetic Self-Perception Chart) and walks the reader through it in a practical, easy to understand way. He uses realistic examples of events that could occur in any organization and therefore makes the content applicable to a wide range of leaders.

Additional resources such as training videos and assessment tools are available through his website.

## Recommendation

I would recommend this book to anyone aspiring to or already in a leadership position.

I would give the book a ★★★★★☆

### REVIEWER

*Audie McCarthy is President and CEO for Mohawk College Enterprise (MCE), a business to business organization established by Mohawk College to provide training and consulting services to organizations across Ontario.*