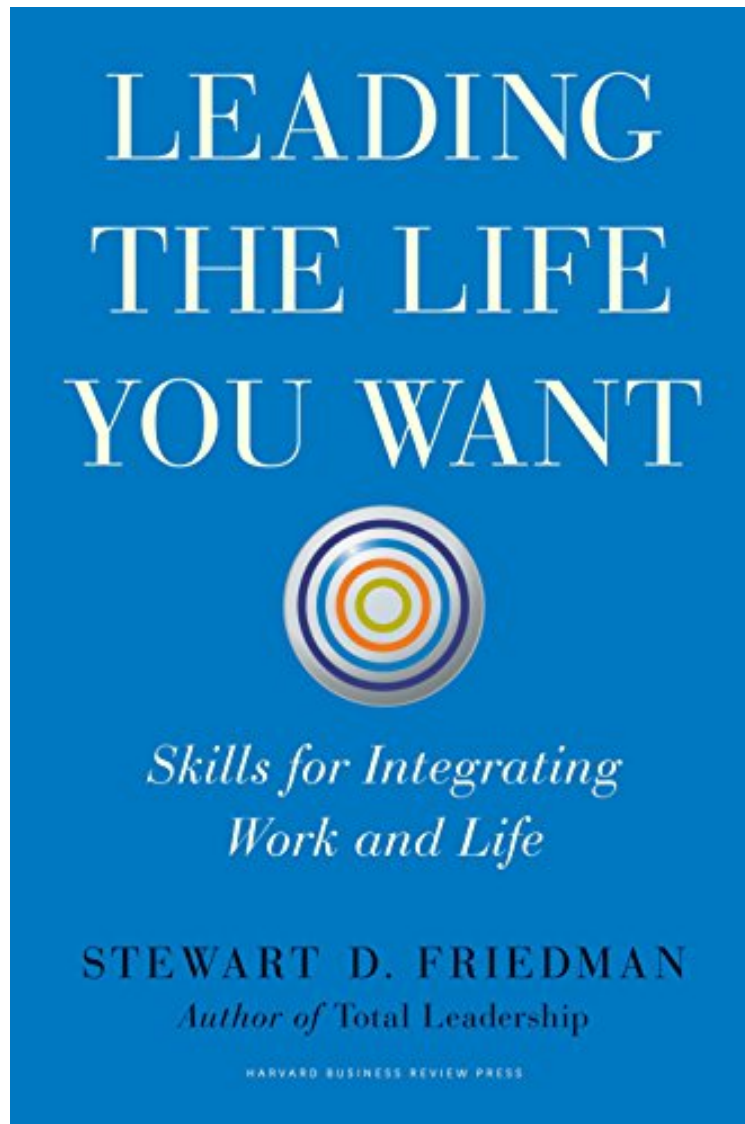


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## Leading the Life You Want: Skills for Integrating Work and Life

*Stewart D. Friedman*

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**Stewart D. Friedman : Leading the Life You Want: Skills for Integrating Work and Life** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Leading the Life You Want: Skills for Integrating Work and Life:

12 of 13 people found the following review helpful. A system to re-think life's priorities By Xi-yong Fu Recently, I sat in a lecture by Prof. Friedman at an event organized by Sino-American Pharmaceutical Association - Greater Philadelphia (SAPA-GP), one of the non-profit organizations for bio-pharmaceutical professionals. The topic was not scientific per se, however it is deeply relevant to all who pursue a professional life AND a personal life. Professor's

lecture was based on the concept laid out in "Leading the life you want". Although I read his other books before, his new lecture triggered me to buy this book again -- it was totally worth it! I was a student of Prof. Friedman's while attending Wharton School of Business. Prof. Friedman teaches a similar course at Wharton and it was one of the most popular elective courses among over 200 offered. As you open the book, you will be asked to think, record, and articulate some simple questions about your current life: what you really care in life, who you really care about, what event changed your life, and whether you are content with what you have in life. Simple but hard questions for many. Then you will be asked to share it with those important people in our lives. I shared mine with my wife. She said she learned something new about me! One of the beauty of the book is that if you follow the steps laid out in the book, you will get the undiluted Wharton experience, page by page. I read both the sister book "Total Leadership" and this new book "Leading the life you want". The concepts are similar, but the structure is different. "Leading the life you want" is fundamentally a reader's book, assuming no benefit of group discussion and very little guidance. The instruction is more detailed and progress more incremental. "Leading the life you want" is obviously tuned for individual readers. Each reader may reach a different set of conclusions about the lives they want to lead. The book gives you a system to get there. It's not an easy book to follow, a lot of work involved, but if you are even remotely interested in enriching your own life, you owe yourself to read it. Enjoy.

1 of 1 people found the following review helpful. Inspiring stories of leaders and practical exercises for integrating work and life  
By Vanaja Shankar  
In this book "Leading the Life you want", Prof. Stew Friedman answers the question most of us have in our mind. Are there leaders who have found harmony in their lives? How can we develop the leadership skills to achieve four way wins? In the first part of the book Prof. Friedman shares the stories of six leaders who have achieved four way wins. There are three women featured in this book - Sheryl Sandberg, Michelle Obama, and Julie Foudy. It is inspiring to read how these women have imbibed the three principles to lead the life they want. We read about the challenges they faced and how they developed their leadership skills to find harmony in life. Each of these women aligns their actions to their values and is making a difference to the community. "Lean in" by Sheryl, "let's move" by Michelle and "Beyond Sport" by Julie are movements to make this world a better place. The second part of the book is about bringing out the leader in us. We learn about the skills that we need to develop to find harmony in life. There are simple exercises that help us experiment, practice and develop these skills and achieve small wins.

2 of 2 people found the following review helpful. Great stories and lessons from leaders, but somewhat superficial  
By YJ  
This is a good book to read. A great thing about this book is that it's based on real people who are considered as leaders. However, the book is somewhat too superficial rather than deep in contents. I found the tone of the book a bit condescending, which I didn't really appreciate. This is a book worth reading, but I would not give 5 star.

A Wall Street Journal Bestseller  
"For nearly thirty years, my life's work has been to help people like you find ways to bring the often warring aspects of life into greater harmony." — Stew Friedman, from *Leading the Life You Want*  
You're busy trying to lead a "full" life. But does it really feel full—or are you stretched too thin? Enter Stew Friedman, Wharton professor, adviser to leaders across the globe, and passionate advocate of replacing the misguided metaphor of "work/life balance" with something more realistic and sustainable. If you're seeking "balance," you'll never achieve it, argues Friedman. The idea that "work" competes with "life" ignores the more nuanced reality of our humanity—the interaction of four domains: work, home, community, and the private self. The goal is to create harmony among them instead of thinking only in terms of trade-offs. It can be done. Building on his national bestseller, *Total Leadership*, and on decades of research, teaching, and practice as both consultant and senior executive, Friedman identifies the critical skills for integrating work and the rest of life. He illustrates them through compelling original stories of these remarkable people:

- former Bain Company CEO and Bridgespan co-founder Tom Tierney
- Facebook COO and bestselling author Sheryl Sandberg
- nonprofit leader and US Navy SEAL Eric Greitens
- US First Lady Michelle Obama
- soccer champion-turned-broadcaster Julie Foudy
- renowned artist Bruce Springsteen

Each of these admirable (though surely imperfect) people exemplifies a set of skills—for being real, being whole, and being innovative—that produce a sense of purpose, coherence, and optimism. Based on interviews and research, their stories paint a vivid picture of how six very different leaders use these skills to act with authenticity, integrity, and creativity—and they prove that significant public success is accomplished not at the expense of the rest of life, but as the result of meaningful engagement in all its parts. With dozens of practical exercises for strengthening these skills, curated from the latest research in organizational psychology and related fields, this book will inspire you, inform you, and instruct you on how to take realistic steps now toward leading the life you truly want.

Included in Forbes "Eight Noteworthy Books of 2014" list. "One of the Best Leadership Books of the Year" — Inc. "Friedman sets out tests and suggestions for developing skills for integrating work and the rest of life... the message... is worth exploring." — Financial Times  
"In 2008, I chose Stewart Friedman's *Total Leadership* as the top book in the Personal Development category of our annual business book awards... Friedman [now] builds on his previous work by presenting the stories of six well-known personalities who exemplify the well-integrated life..."

Then, in the second half of the book, which acts as a workbook complete with exercises, uses their successes and struggles, as points of reference as he teaches us how to develop the necessary skills.” — Jack Covert, 800 CEO READ “Friedman’s accessible book is a significant entry in the work/life balance category.” — Publishers Weekly “Recommended Reading for Creative Leaders” — FORBES.com “In his new book *Leading the Life You Want: Skills for Integrating Work and Life*, [Friedman] explores the idea that truly winning people over “starts with knowing what you care about, and then being able to express that in ways other people can relate to...” — Laura Vanderkam, *Fast Company* “Friedman gives you tools to help you craft your own approach... a great starting point to learn about leading the life you want.” — Stephanie Denning, FORBES “In *Leading the Life You Want*, Stewart Friedman masterfully weaves together six life narratives to show exactly how any of us can live a more richly integrated, meaningful and satisfying life with others.” — Kare Anderson, *The Huffington Post* “In his newest book, *Leading the Life You Want*, Friedman explores the skills you need to be a leader, how to develop them, and how to devote your life to your work without losing everything that’s important to you.” — Will Yakowicz, Inc. “According to this Wharton professor, the ‘work/life balance’ model is unrealistic. Rather than the two jostling for primacy, he advocates integrating work, home, community and private self.” — Qantas - The Australia Way “Friedman’s conceptual framework provides a useful way of looking at the work-life issue. It holds out the hope that we don’t have to make trade-offs between different parts of our lives; we can combine them.” — Coaching Today (British Association of Counselling and Psychotherapy) “It seems that everyone has an opinion on work/life balance these days, but Stewart D. Friedman’s *Leading the Life You Want* isn’t necessarily one of them. Well, it is, but it’s also a lot more.” — Consulting Magazine “In *Leading the Life You Want*, [Friedman] profiles top leaders—from Sheryl Sandberg to Michelle Obama, and Bruce Springsteen to former Bain Co. CEO Tom Tierney—and tells their stories, explaining how their choices enable them to thrive in multiple realms of their lives.” — Dorie Clark, Forbes “Wharton professor Friedman, building on his excellent study, *Total Leadership*, uses examples ranging from Sheryl Sandberg to Bruce Springsteen to move from familiar calls to balance competing work and life commitments toward taking steps, instead, to integrate our passions and values across the domains of work, home, community, and the private self.” — David Slocum, Berlin School of Creative Leadership “*Leading the Life You Want* is an action-oriented book... Whether or not you are a Springsteen fan... the way it’s written makes it a good resource that you can turn to time and again for inspiration when you find yourself stuck. Whatever your profession may be, keep a copy of *Leading the Life You Want* on your office desk or your bedside table.” — Legends of Springsteen (legendsofspringsteen.com) “Stewart Friedman... says the whole work-life balance goal is faulty anyway. He cites Sandberg and Springsteen as great examples of people who have integrated their careers and lives in a way that complements both.” — Teresa Novellino, *Upstart Business Journal* “... leadership work-life integration is a universal question. It is a universal challenge. Perhaps it is a universal opportunity. That is not just in the realm of business or just in the realm of a certain kind of a person, and I think these stories really bring that to life.” — Jeffrey Klein, Executive Director of the Wharton Leadership Program “We can integrate our work and our lives. Friedman offers strategies to achieve what he calls “four-way wins” in four domains... A self-assessment identifies which areas need attention and the book offers practices for each.” — HR Professional ADVANCE PRAISE for *Leading the Life You Want*: Melinda Gates, Co-chair, Bill Melinda Gates Foundation— “*Leading the Life You Want* illustrates through compelling biographies the skills you need to... lead a life that truly blends meaning and happiness.” Tom Gardner, CEO, *The Motley Fool*— “A much needed surge of inspiration.” Billie Jean King, sports icon and social justice pioneer— “Stew Friedman shows how to harness your passions to pursue four-way wins—in your work, home, community, and most importantly, for yourself.” Neil Blumenthal, Co-founder and Co-CEO, Warby Parker— “Stew Friedman makes the idea of finding harmony between work and life not only possible, but practicable. A brainy yet conversational guide that offers inspired, effective solutions.” Herminia Ibarra, Professor, INSEAD; author, *Act Like a Leader, Think Like a Leader*— “Absolutely wonderful. Read it, and you will be inspired to live and work like never before.” David Allen, author of the international bestseller, *Getting Things Done*— “This is a great manifesto for getting it done. Bravo!” Anne-Marie Slaughter, President and CEO, New America Foundation— “Stew Friedman stands out as one of the few male voices in the field. He understands better than anyone else how leadership, life, and business can fit together.”