



The Stress Effect: Why Smart Leaders Make Dumb Decisions--And What to Do About It

Henry L. Thompson Ph.D.

Download now

[Click here](#) if your download doesn't start automatically

The Stress Effect: Why Smart Leaders Make Dumb Decisions--And What to Do About It

Henry L. Thompson Ph.D.

The Stress Effect: Why Smart Leaders Make Dumb Decisions--And What to Do About It Henry L. Thompson Ph.D.

Reveals the powerful and undermining effects of stress on good decision making-and what leaders can do about it

The ability to make sound and timely decisions is the mark of a good leader. But when leaders with otherwise strong track records suddenly begin making poor decisions-as seen in the recent corporate scandals that rocked the business world-the impact can be widespread. In *The Stress Effect*, leadership expert Henry L. Thompson argues that stress is often the real culprit behind this leadership failure: when leaders' stress levels become sufficiently elevated-whether in the boardroom or on the front line of a manufacturing process-their ability to effectively use their emotional intelligence and cognitive ability in tandem to make wise decisions is significantly impaired. Until now, experts have argued that increasing your emotional intelligence will help you cope with and manage stress. This book suggests that stress actually *blocks* access to your emotional intelligence as well as your cognitive ability, two critical components in the decision-making process. This book

- Shows how stress adversely affects the performance of even the most savvy leaders
- Reveals the truth about one of the prime factors behind the current failure of leadership
- Offers a solid prescription for building a "stress resilient system" and arms leaders with best practices for managing specific stressors that take the biggest toll on decision making
- Is written by an award-winning organizational psychologist and leadership consultant whose clients include a roster of Fortune 500 companies

A groundbreaking and insightful resource for leaders, *The Stress Effect* reopens the dialogue on stress, its effect on decision making, and what to do about it.

 [Download The Stress Effect: Why Smart Leaders Make Dumb Dec ...pdf](#)

 [Read Online The Stress Effect: Why Smart Leaders Make Dumb D ...pdf](#)

Download and Read Free Online The Stress Effect: Why Smart Leaders Make Dumb Decisions--And What to Do About It Henry L. Thompson Ph.D.

From reader reviews:

Leslie Marcellus:

In other case, little men and women like to read book The Stress Effect: Why Smart Leaders Make Dumb Decisions--And What to Do About It. You can choose the best book if you love reading a book. Providing we know about how is important some sort of book The Stress Effect: Why Smart Leaders Make Dumb Decisions--And What to Do About It. You can add knowledge and of course you can around the world with a book. Absolutely right, since from book you can learn everything! From your country until foreign or abroad you can be known. About simple point until wonderful thing it is possible to know that. In this era, we are able to open a book as well as searching by internet unit. It is called e-book. You can utilize it when you feel bored to go to the library. Let's examine.

Paul Norris:

Book is to be different for every grade. Book for children until finally adult are different content. We all know that that book is very important usually. The book The Stress Effect: Why Smart Leaders Make Dumb Decisions--And What to Do About It had been making you to know about other information and of course you can take more information. It is rather advantages for you. The publication The Stress Effect: Why Smart Leaders Make Dumb Decisions--And What to Do About It is not only giving you far more new information but also being your friend when you feel bored. You can spend your spend time to read your book. Try to make relationship while using book The Stress Effect: Why Smart Leaders Make Dumb Decisions--And What to Do About It. You never truly feel lose out for everything should you read some books.

John Martin:

Hey guys, do you wants to finds a new book to read? May be the book with the subject The Stress Effect: Why Smart Leaders Make Dumb Decisions--And What to Do About It suitable to you? The actual book was written by renowned writer in this era. The actual book untitled The Stress Effect: Why Smart Leaders Make Dumb Decisions--And What to Do About Itis the main one of several books in which everyone read now. This book was inspired a lot of people in the world. When you read this guide you will enter the new dimensions that you ever know ahead of. The author explained their thought in the simple way, thus all of people can easily to understand the core of this guide. This book will give you a lots of information about this world now. To help you to see the represented of the world in this book.

Stanley Cooper:

The book The Stress Effect: Why Smart Leaders Make Dumb Decisions--And What to Do About It will bring that you the new experience of reading a new book. The author style to clarify the idea is very unique. In case you try to find new book to study, this book very suitable to you. The book The Stress Effect: Why Smart Leaders Make Dumb Decisions--And What to Do About It is much recommended to you to read. You

can also get the e-book from your official web site, so you can quicker to read the book.

Download and Read Online The Stress Effect: Why Smart Leaders Make Dumb Decisions--And What to Do About It Henry L. Thompson Ph.D. #SIMYH1TCQEG

Read The Stress Effect: Why Smart Leaders Make Dumb Decisions--And What to Do About It by Henry L. Thompson Ph.D. for online ebook

The Stress Effect: Why Smart Leaders Make Dumb Decisions--And What to Do About It by Henry L. Thompson Ph.D. Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Stress Effect: Why Smart Leaders Make Dumb Decisions--And What to Do About It by Henry L. Thompson Ph.D. books to read online.

Online The Stress Effect: Why Smart Leaders Make Dumb Decisions--And What to Do About It by Henry L. Thompson Ph.D. ebook PDF download

The Stress Effect: Why Smart Leaders Make Dumb Decisions--And What to Do About It by Henry L. Thompson Ph.D. Doc

The Stress Effect: Why Smart Leaders Make Dumb Decisions--And What to Do About It by Henry L. Thompson Ph.D. Mobipocket

The Stress Effect: Why Smart Leaders Make Dumb Decisions--And What to Do About It by Henry L. Thompson Ph.D. EPub