

# **Resilient Leadership**

Beyond myths and misunderstandings

**Karsten Drath**

# Contents

<i>List of figures</i>	viii
<i>List of tables</i>	x
<i>About the author</i>	xii
<i>Foreword by David Altman</i>	xiii
<i>Foreword by Bill Crombie</i>	xv
<i>Foreword by Kathy Green</i>	xvii
<i>Foreword by Marcel Nickler</i>	xix
<i>Foreword by Gilbert Probst</i>	xxi
<i>Foreword by Ingar Skaug</i>	xxiii
<i>Acknowledgements</i>	xxiv
1 Getting to grips with resilience	1
2 What makes executives fail	10
3 Resilience and corporate management	24
4 Neurobiology, well-being and stress	93
5 What jeopardises resilience?	121
6 How can resilience be enhanced?	144
<i>Index</i>	213