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# Self-Leadership: The Definitive Guide to Personal Excellence

*Christopher P. Neck, Charles C. Manz, Jeffery D. Houghton*

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## SELF-LEADERSHIP


The Definitive Guide to Personal Excellence



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**Christopher P. Neck, Charles C. Manz, Jeffery D. Houghton : Self-Leadership: The Definitive Guide to Personal Excellence** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Self-Leadership: The Definitive Guide to Personal Excellence:

0 of 0 people found the following review helpful. Great resourceBy MichelleVery comprehensive.0 of 0 people found the following review helpful. Leadership Made Simple But EffectiveBy Mickey ProThis book is great for both students and practitioners. It reveals the most important components of leadership from a self-engaging approach to a more comprehensive application. I strongly recommend it for aspiring as well established leaders.

Written by the scholars who first developed the theory of self-leadership (Christopher P. Neck, Charles C. Manz, Jeffery D. Houghton), Self-Leadership: The Definitive Guide to Personal Excellence offers powerful yet practical advice for leading yourself to personal excellence. Grounded in research, this milestone book is based on a simple yet revolutionary principle: First learn to lead yourself, and then you will be in a solid position to effectively lead others. This inclusive approach to self-motivation and self-influence equips readers with the strategies and tips they need to build a strong foundation in the study of management, as well as enhancing their own personal effectiveness.

About the Author Dr. Christopher P. Neck is currently an Associate Professor of Management at Arizona State University, where he held the title "University Master Teacher." From 1994 to 2009, he was part of the Pamplin College of Business faculty at Virginia Tech. He received his PhD in Management from Arizona State University and his MBA from Louisiana State University. Neck is author of the books *Self-Leadership: The Definitive Guide to Personal Excellence* (2016, Sage); *Fit To Lead: The Proven 8-week Solution for Shaping Up Your Body, Your Mind, and Your Career* (2004, St. Martin's Press; 2012, Carpenters' Sons Publishing); *Mastering Self-Leadership: Empowering Yourself for Personal Excellence*, 6th edition (2013, Pearson); *The Wisdom of Solomon at Work* (2001, Berrett-Koehler); *For Team Members Only: Making Your Workplace Team Productive and Hassle-Free* (1997, Amacom Books); and *Medicine for the Mind: Healing Words to Help You Soar*, 4th Edition (Wiley, 2012). Neck is also the coauthor of the principles of management textbook, *Management: A Balanced Approach to the 21st Century* (Wiley 2013; 2017, 2nd Edition); the upcoming introductory to entrepreneurship textbook, *Entrepreneurship*, (Sage, 2017); and the introductory to organizational behavior textbook, *Organizational Behavior* (Sage, 2016). Dr. Neck's research specialties include employee/executive fitness, self-leadership, leadership, group decision-making processes, and self-managing teams. He has over 100 publications in the form of books, chapters, and articles in various journals. Some of the outlets in which Neck's work has appeared include *Organizational Behavior and Human Decision Processes*, *The Journal of Organizational Behavior*, *The Academy of Management Executive*, *Journal of Applied Behavioral Science*, *The Journal of Managerial Psychology*, *Executive Excellence*, *Human Relations*, *Human Resource Development Quarterly*, *Journal of Leadership Studies*, *Educational Leadership*, and *The Commercial Law Journal*. Due to Neck's expertise in management, he has been cited in numerous national publications, including *The Washington Post*, *The Wall Street Journal*, *The Los Angeles Times*, *The Houston Chronicle*, and *the Chicago Tribune*. Additionally, each semester Neck teaches an introductory management course to a single class of anywhere from 500 to 1,000 students. Dr. Neck was the recipient of the 2007 Business Week Favorite Professor Award. He is featured on [www.businessweek.com](http://www.businessweek.com) as one of the approximately twenty professors from across the world receiving this award. Neck currently teaches a mega section of Management Principles to approximately 500 students at Arizona State University. Neck received the Order of Omega Outstanding Teaching Award for 2012. This award is awarded to one professor at Arizona State by the Alpha Lambda Chapter of this leadership fraternity. His class sizes at Virginia Tech filled rooms up to 2,500 students. He received numerous teaching awards during his tenure at Virginia Tech, including the 2002 Wine Award for Teaching Excellence. Also, Neck was the ten-time winner (1996, 1998, 2000, 2002, 2004, 2005, 2006, 2007, 2008, and 2009) of the "Students' Choice Teacher of The Year Award" (voted by the students for the best teacher of the year within the entire university). Also, some of the organizations that have participated in Neck's management development training include GE/Toshiba, Busch Gardens, Clark Construction, the United States Army, Crestar, American Family Insurance, Sales and Marketing Executives International, American Airlines, American Electric Power, W. L. Gore Associates, Dillard's Department Stores, and Prudential Life Insurance. Neck is also an avid runner. He has completed 12 marathons, including the Boston Marathon, the New York City Marathon, and the San Diego Marathon. In fact, his personal record for a single long distance run is a 40-mile run. Charles C. Manz, Ph.D. is an speaker, consultant, and bestselling author of over 200 articles and scholarly papers and more than 20 books including *Mastering Self-Leadership*, 6th ed.; *The New SuperLeadership*; *Share, Don't Take the Lead*; *The Power of Failure*; *Fit to Lead*; *Business Without Bosses*; *The Leadership Wisdom of Jesus*, 3rd ed.; Foreword Magazine best book-of-the-year Gold Award winner *Emotional Discipline*; Stybel-Peabody National Book prize winning *SuperLeadership*, and the forthcoming *Self-Leadership: The Definitive Guide to Personal Excellence*. His work has been featured on radio and television and in *The Wall Street Journal*, *Fortune*, *U.S. News World Report*, *Success*, *Psychology Today*, *Fast Company* and several other national publications. He is the Nirenberg Chaired Professor of Leadership in the Isenberg School of Management at the University of Massachusetts Amherst. Formerly a Marvin Bower Fellow at the Harvard Business School his clients have included 3M, Ford, Xerox, General Motors, PG, American Express, the Mayo Clinic, Banc One, the U.S. and Canadian governments, and many others. Dr. Jeffery D. Houghton completed his PhD in management at Virginia Polytechnic Institute and State University (Virginia Tech) and is currently an associate professor of management at West Virginia University (WVU). Dr. Houghton has taught college-level business courses at Virginia Tech, Abilene Christian University (Texas), Lipscomb University (Tennessee), The International University (Vienna, Austria), and for the US Justice Department-Federal Bureau of Prisons. Prior to pursuing a full-time career in academics, he worked in the banking industry as a loan officer and branch manager. A member of the Honor Society of Phi Kappa Phi, Dr. Houghton's research specialties include human behavior, motivation, personality, leadership, and self-leadership. He has published more than 40 peer-reviewed journal articles and book chapters, and his work has been cited more than 1,600 times in academic journals. He currently teaches undergraduate-, masters-, and doctoral-level courses in management, organizational behavior, and leadership. Dr. Houghton was named the 2013 Beta Gamma Sigma Professor of the Year for the WVU College of Business and Economics, awarded annually to one faculty member within the college as selected by a vote of the student members of Beta Gamma Sigma; and he received the 2008 Outstanding Teaching Award for the WVU

College of Business and Economics, awarded annually to one faculty member for outstanding teaching. In addition to his research and teaching activities, Dr. Houghton has consulted and conducted training seminars for companies including the Federal Bureau of Investigations, Pfizer Pharmaceuticals, and the Bruce Hardwood Floors Company. In his spare time, Dr. Houghton enjoys traveling, classic mystery novels, racquetball, and snow skiing. Finally, Dr. Houghton has trained for and completed two marathons, the Marine Corps Marathon in Washington, DC, and the Dallas White Rock Marathon in Dallas, Texas.