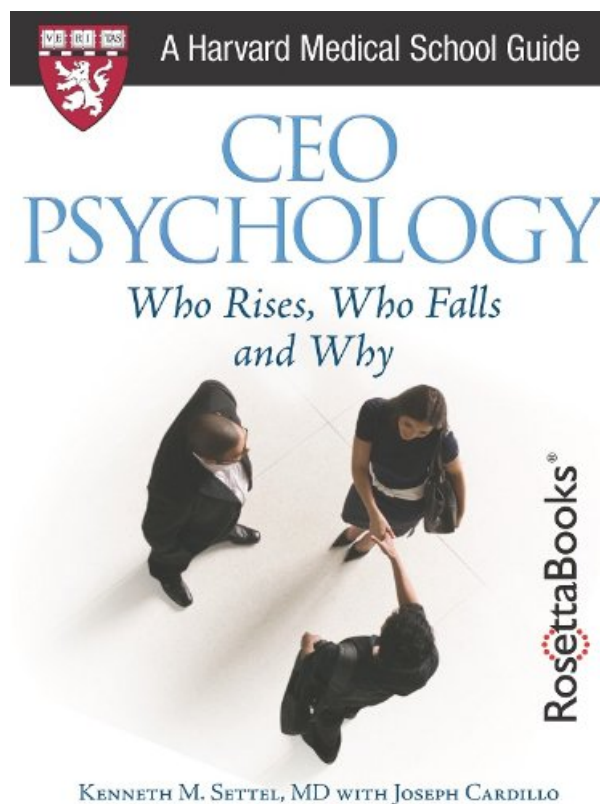


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CEO Psychology offers effective guidance that will inform leaders and help them navigate a course to success through the uncertainty and challenges of the business world.

ABOUT THE AUTHOR

Kenneth M. Settel, MD is a Clinical Instructor in Psychiatry at Harvard Medical School, where he teaches a course on Organizational Consultation to senior residents in Psychiatry. He is a principal in The Boswell Group, consulting to CEO's, their Organizations and Boards of Directors, to family businesses and to professional service organizations around issues of leadership, organizational development and conflict resolution. Over the past thirty-five years, he has written and given talks to the business community, to the psychiatric and to the psychoanalytic community about organizational function and leadership. He has a clinical and business consultation practice based in Brookline Massachusetts.

Joseph Cardillo is a top-selling author in the fields of health, mind-body-spirit, and psychology. His books, *The Five Seasons: Tap Into Nature's Secrets For Health, Happiness, and Harmony* (New Page, June, 2013); *Your Playlist Can Change Your Life* (Sourcebooks, 2012); *Can I Have Your Attention? How to Think Fast, Find Your Focus, and Sharpen Your Concentration* (Career, 2010); *Bow to Life* (Perseus, 2006) and *Be Like Water* (Grand Central, 2003) have inspired people of all ages worldwide.

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4 of 4 people found the following review helpful.

An essential handbook for the entrepreneur

By Steven Locke

I thoroughly enjoyed reading CEO Psychology by Dr. Kenneth Settel and Joseph Cardillo. It is a fast and easy read and well-organized. This practical book is an essential primer for anyone taking on leadership in a start-up, small business, or a large organization. The book is the distillation of years of experience and consulting that Dr. Settel has done. I worked with him a few years ago when asked to chair a task force organized by a national professional organization to resolve an internal leadership conflict that threatened the future of the venerable organization. Dr. Settel's organizational diagnosis and conflict management skills saved the society from a destructive schism -- a rescue that many members doubted was possible. No one resigned, no one was fired, and with time the rift healed thanks to Dr. Settel's skillful intervention. Dr. Settel also consulted to my early-stage start-up company, a health information technology company, that was faltering due to leadership and communication problems among the founders. Once again, his intervention helped get the founders back on the path to success. In CEO Psychology, Settel and Cardillo spell out the principals, steps and actions necessary for a successful learning organization. The book is a great value and will be one that you will want to share with your friends and colleagues.

4 of 4 people found the following review helpful.

Useful for business and beyond

By Marty K

I found this book to be thorough, thoughtful and easy to digest. It has applications not only for CEOs and business executives but its principles can be readily applied to non-business organizations as well. The book is written in a straightforward conversational manner with case examples to demonstrate the differing strengths and vulnerabilities of management styles and the inevitable clash of personalities that occur in dynamic or complex organizations. The authors' suggestions emphasize the identification of psychological factors and pragmatic steps that can be taken to ameliorate management dysfunction.

The author is a psychiatrist and business consultant so the book is "psychologically minded" both in its chapter organization and the presentations of core principles for maintaining effective business leadership especially as growth and changes in management style produce organizational stress.

A very satisfying read that is both pithy, concise and pragmatic.

3 of 3 people found the following review helpful.

A guide for leadership growth

By Dr. Steven Axelrod

This book describes, in a simple and straightforward fashion, the psychological tasks of a leader. Ken Settel draws on his extensive experience as a psychiatrist consulting to leaders to offer insight into the "mind of the executive." He uses psychological concepts in a clear and jargon-free way to provide guidance on mastering the emotional demands of leadership. While there are many books on leadership, CEO Psychology is uniquely positioned at the intersection of individual psychology, group psychology, and organizational structure and role to provide a unique set of tools for leadership growth.

In his wisdom and directness, Settel epitomizes the best characteristics of an executive advisor and coach. I highly recommend this book to leaders at all levels of an organization and also to the advisors who work with them. CEO Psychology can provide a clear and accessible framework for executives and their coaches to work together on the challenges of leadership.

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