



# Coherence: The Secret Science of Brilliant Leadership

By Alan Watkins



## Coherence: The Secret Science of Brilliant Leadership By Alan Watkins

Every business leader faces innumerable challenges every working day, each one taking their toll on precious energy levels and the ability to respond and react positively in a commercial environment. Coherence recognizes the key factors that take their toll on a leader's effectiveness and ability to lead, and provides the reader with unique solutions designed to improve physiological factors that impact on core competencies. Problems today cannot be solved with yesterday's level of thinking. CEOs fail and leaders burn out because our thinking has not sped up or powered up. The author not only recognizes that leaders have the potential for limitless processing power, but shows them how to access it, taking them back to fundamentals and, quite literally, to the heart of who we are and how we function successfully. By showing leaders how to be 'younger, smarter, healthier and happier' Coherence gives every decision maker the power to make influential decisions under pressure and achieve sustainable success at every level.

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### Editorial Review

#### Review

"*Coherence* provides one of the most unique approaches to showing leaders how to be younger, smarter, healthier and happier -- which gives them the power to make decisions under pressure and achieve sustainable success."

(Eric Jacobson *Examiner.com*)

"getAbstract recommends Watkins's wisdom, logic and advice as well as his techniques for emotional growth."

(getAbstract *Inc.*)

"*Coherence* is one of the most important books on business, business consulting, and leadership that has been published in the last decade. From beginning to end, it is richly detailed, deeply serious (but not ponderous), extremely illuminating, and altogether wise, and simply renders virtually all other books in this area woefully partial, fragmented, and limited. It is a powerhouse of inclusive, comprehensive, complexity thinking, but replete with plenty of the "simplicity on the other side of complexity," making the book a great pleasure to read. It's a cliché, but if you read one book in this area this year, make it this one!"

(Ken Wilber *The Integral Vision*)

#### About the Author

**Dr. Alan Watkins** is CEO and Founder of Complete Coherence. Both physician and neuroscientist, he has been a coach and confidant to many top CEOs and business leaders for over 15 years.

### Users Review

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