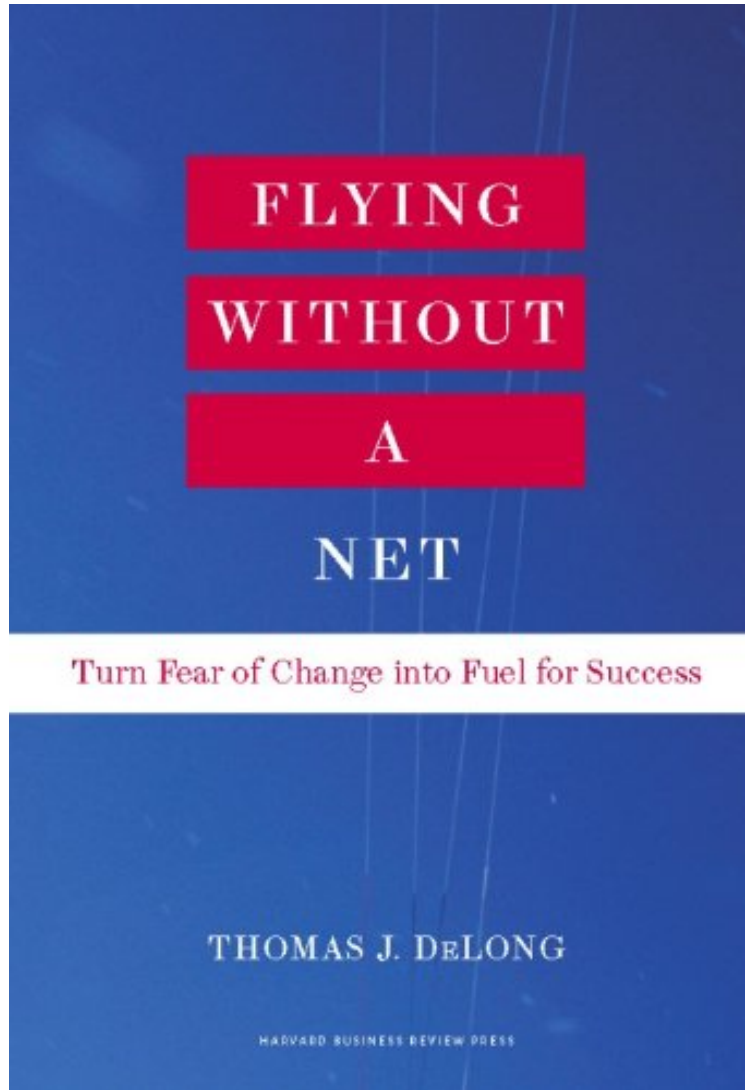


(Mobile book) Flying Without a Net: Turn Fear of Change into Fuel for Success

Flying Without a Net: Turn Fear of Change into Fuel for Success

Thomas J. DeLong

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Named one of 100 Leadership Success Books to Read in a Lifetime by Amazon Editors
Confronted by omnipresent threats of job loss and change, even the brightest among us are anxious. In response, we're hunkering down, blocking ourselves from new challenges. This response hurts us and our organizations, but we fear making ourselves even more vulnerable by committing mistakes while learning something new. In *Flying Without a Net*, Thomas DeLong explains how to draw strength from vulnerability. First, understand the forces that escalate anxiety in high achievers and the unproductive behaviors you turn to for relief. Then adopt practices that give you the courage to "do the right things poorly" before "doing the right things well." Drawing on his extensive research and consulting work, DeLong lays out:
- Roots of high achievers' anxiety: fear of being wrong and lack of a sense of purpose, and a craving for human connection
- Destructive behaviors we adopt to relieve our anxiety: busyness, comparing ourselves to others, and blaming others for our frustrations
- Behaviors we must adopt to gain strength from vulnerability: putting the past behind us and seeking honest feedback
Packed with practical advice and inspiring stories, *Flying Without a Net* is an invaluable resource for all leaders seeking to thrive in this Age of Anxiety.

“Summing Up: Recommended” — CHOICE “If you have these types of personalities in your organization, or are one yourself, DeLong’s book will be enormously helpful.” — HR Professional magazine
“As part leadership training and part psychology text, *Flying Without a Net* takes on the often-overlooked soft side of the leadership vortex, and DeLong’s timing could not be better.” — Korn Ferry Briefings
“The jargon-free book delivers a helpful read that will give you a sophisticated means to accomplish your tasks with grace and aplomb.”
“Read *Flying Without a Net* to reassess your ambitions, restore your sensibilities and inspire you to do more than just checking tasks off a list.” — Small Business Trends (smallbiztrends.com)
“For those who like a little psychoanalysis with their summer reading, this is the perfect book.” — Atlanta Journal-Constitution
“...Harvard Business School professor Thomas J. DeLong’s *Flying Without a Net* is a must-read.” — Infosys Finacle Connect