

### Get Present: Simple Strategies to Get Out of Your Head and Lead More Powerfully

Sara Harvey Yao



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# Get Present: Simple Strategies to Get Out of Your Head and Lead More Powerfully

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**Get Present: Simple Strategies to Get Out of Your Head and Lead More Powerfully** Sara Harvey Yao Leadership coach and thought leader Sara Harvey Yao offers simple, yet powerful steps to help you find what everyone is hungry for in our fast-paced lives: access to inner strength and wisdom. The secret is learning how to be present, first with yourself, and then with others. In Get Present, Yao teaches readers how to access an infinite supply of energy, resilience, innovation, and compassion. Getting present will not only improve how you lead, but will also transform your career, relationships, health, and even our world.

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