



**The Art of Possible – new habits, neuroscience and the power of deliberate action by Kate Tojeiro is out now, priced £12.99.**

Everyone has to face their fears at some point in life and conquer things that they previously considered unimaginable. For many people, this is exactly what gets in the way when they think about starting their own business, but in order to realise our full potential the key is becoming “comfortable with discomfort.”

This book is unlike many business and self-development books. It helps you to understand how the brain works using the latest findings of neuroscience and provides questions and techniques that will enable you to gain more clarity to reach your goals faster. It uses interviews with global leaders and elite sportspeople to outline what makes them so successful, so you too can understand exactly what it takes to realise your full potential.

Kate Tojeiro has formed a reputation for developing some of the world’s most successful leaders, as well as the next generation of rising stars, and after reading her insights in this book you will understand why.

EDITOR'S PICK OF THE MONTH

**Barbarians in the Boardroom by Owen Walker is out in June 2016, published by FT Publishing, priced £16.99.**

When you’re just starting out in business, the thought of boardroom battles, hostile takeovers and corporate politics may feel like another world. However, the trend of so called “Activist Investors” who have been sending shockwaves through corporate America in recent years are they are now becoming increasingly prevalent in the UK and Europe, taking in and shaking up several leading companies.

This fascinating new book exposes the strategies of these activist investors and reveals the inside story of how they have influenced boardroom battles at eight of the world’s most high-profile organisations, including Microsoft, Yahoo, Hewlett-Packard, and the UK’s biggest activist showdown in recent times at Alliance Trust.

The author, Owen Walker, is an award-winning financial journalist who witnessed these high-profile boardroom battles first hand. He now tells the story through a series of exclusive interviews he carried out with the people on both sides of major activist investor campaigns. Some see these investors as the new breed of “greed is good” Gordon Gekkos, and as this insightful new book reveals, the real-life boardroom dramas are every bit as entertaining a Hollywood movie plot.

‘An excellent forensic analysis of the new era of activist investing and the first to cover campaigns that have permanently changed the roles played by boards of directors.’

JOSH BLACK, EDITOR-IN-CHIEF, ACTIVIST INSIGHT

# BARBARIANS IN THE BOARDROOM

## ACTIVIST INVESTORS AND THE BATTLE FOR CONTROL OF THE WORLD’S MOST POWERFUL COMPANIES

OWEN WALKER

FT PUBLISHING FINANCIAL TIMES

**Leading Teams – 10 Challenges; 10 Solutions by Elisabet Vinberg Hearn and Mandy Flint is published by FT Publishing, priced £14.99.**

Working as a team is something every one of us will have to do at some point in our careers, and as your business grows you’re probably going to come up against communication problems and personality clashes that get in the way.

As a business leader, it will be in your hands to get things back on track and create an environment and atmosphere

where positive results can be achieved, and this book will be a big help.

Leading Teams highlights the ten most common obstacles teams face, and provides simple, effective strategies to enable leaders to overcome them. The authors, Elisabet Vinberg Hearn and Mandy Flint, have drawn on their experience of working with more than 200 teams at some of the world’s top brands, revealing fascinating insights that are applicable to businesses of all sizes.

People are of course the most important aspect in any team, so as well as outlining problems and solutions; Leading Teams focuses on the human element to look at behaviours of teams and leaders and the impact issues might have on their thoughts and feelings. The very simple solutions are designed to create positive changes in team dynamics that will be invaluable as your own team grows.

