

Why Does This Book Exist?

People with poor leadership on crappy teams commit suicide at staggering rates. Everyone deserves exceptional leadership, but the archaic leadership and team development principles used during the Industrial Revolution will not produce a life-giving environment...not fast enough to save lives.

Why did I write this book?

For the single mom with kids, whose husband felt so defeated and believed that he wasn't good enough. For the mother, whose son felt like no one really cared about him or understood him. For the husband, whose wife felt like her family deserved better.

For those who have taken their lives because they never really understood how truly important they were to the team.

For you, who is discovering that your leadership in the team really does make a difference. I see you. You matter.

If you are like 99% of the population, you have probably experienced working somewhere miserable at some point in your life. Maybe you're working there now.

You stay up late on Netflix or YouTube because you know as soon as you go to sleep, your morning alarm is waiting for you. You hit the snooze button each morning because you dread going into work. When your boss' phone number pops up on your caller ID, you get a sick feeling in your stomach.

You watch movies like *Horrible Bosses* and *Office Space* and find humor in the exaggerated characters and situations. You joke around with your coworkers about having to call in dead because you ran out of sick days. You laugh at memes and cartoons depicting clueless bosses and dysfunctional teams.

You struggle with depression and anxiety because of work-related stress. Maybe you were even thinking about suicide when you picked up this book.

You laugh, and oversleep, and pretend you don't hear your phone, and connect with stories about toxic workplace environments because there is some amount of truth in them. Your truth. Your boss, your team, your work.

The current default setting for teams and their leaders is a set of poisonous principles that are both outdated and irrelevant in a modern marketplace. The status quo is literally killing people.

It is time for a hero to rise and fight back against a broken system that is systematically destroying people's lives. That hero is you!

You may be thinking,

“What can I do? I'm just one person...”

“No one will listen to me.”

“I don’t even know where to start.”

I’ve been there. I’ve fought the darkness of depression and anxiety. I’ve wrestled with thoughts of suicide. I’ve stared at the ceiling of my bedroom at night for hours because the thought of having to go to work in the morning was a weight on my chest, keeping me from falling asleep.

But I figured out how to win! Not only that, but I discovered how to teach other people to win as well. That’s what this book is for.

I can close my eyes and see the faces of people who are still alive today because of the principles and values that I advocated as a leader. I made a difference in their life and the lives of their friends and family because I didn’t default to the status quo.

In the following chapters, you will learn my proven framework for developing a High Performing Team that lasts. Not just for profit and productivity, but to ultimately save the lives of everyone on the team.

But first, Hero, let’s start with you!

- Benjamin