

CONTENTS

Foreword xix
by Christopher Germer

Introduction 1
 What This Book Is About 4
 Whom This Book Is For 7
 Filling a Gap 8

PART I Drowning in the Rain

CHAPTER ONE

The Difficulties of Leadership 15
 My Experiences as Dean 15
 Common Emotional Tangles 18

CHAPTER TWO

Making a Hard Job Harder 23
 The Fixation on Fixing 24
 Fixing Discomfort 25
 Self-Defeating Habit 1: Resistance 26
 Self-Defeating Habit 2: Rumination 27
 Self-Defeating Habit 3: Self-Rebuke 30
 Too Much of a Good Thing 31
 The High Cost of the Three Rs 31
 Making Things Worse 32
 Sidetracking Work 33

PART II **Introducing MY DANCE**

CHAPTER THREE

The MY DANCE Framework	39
The Seven Steps	40
The Origins of MY DANCE	43
Teaching Courses on Leadership	43
Moving Toward Mindfulness	45
Other Approaches	49
A Workshop Is Born	49
Reality at Home	51

CHAPTER FOUR

Getting Ready to Dance	53
The Exercises Ahead	53
Preparing for Practice	55
Savoring Campbell's Soup	57

PART III **MY DANCE, Step by Step**

CHAPTER FIVE

Mind Your Values	61
Apples and Trees	62
Leading with Your Values	63
Clarifying Your Values	65
Putting Values into Action	72

CHAPTER SIX

Yield to Now	81
There, but Mostly Not There	82
What Lies Ahead	84
Learning to Be Here and Now	86

Formal Practices to Develop Mindfulness	88
Informal Practices to Develop Mindfulness	94
Detecting and Disrupting Rumination	94
Benefits of Being Mindful	98

CHAPTER SEVEN

D isentangle from Upsets	101
In His Hat!	102
Looking Back—and Forward	103
Chattering Mind	105
Handling Upsetting Thoughts	107
Experiencing Your Light	113
Accessing Your Light	117
Benefits of Disentangling	119

CHAPTER EIGHT

A llow Unease	123
First Encounters	124
Looking Back—and Forward	125
Accepting Acceptance	130
Taking Stock	139

CHAPTER NINE

N ourish Yourself	145
Santa Claus	146
Looking Back—and Forward	147
Making Room for R & R	150
Savoring Everyday Activities	152
Doing Pleasurable Things	152
Doing Satisfying Things	155
Restoring Perspective	156
Sacred Spaces	157
Stillness	159

Being Grateful 160
Taking in the Good 162
A Few Final Tips 165

CHAPTER TEN

Cherish Self-Compassion 169
 Giving Myself a Germer 170
 Looking Back—and Forward 175
 What It's All About 178
 A Hard Sell—and Beyond 180
 Developing Self-Compassion 184
 Bag of Stones 191

CHAPTER ELEVEN

Express Feelings Wisely 193
 Faith and Begorra! 194
 Taking Stock 195
 Dropping Your Mask 196
 Naming Your Feelings 199
 Expressing Feelings Indirectly 202
 Displaying Warmth 203
 Handling the Unexpected 205
 Remember to Be a Giraffe 211

PART IV **Putting It All Together**

CHAPTER TWELVE

Pick Up Your Feet and Dance 215
 Why MY DANCE? 216
 Developing a Plan 217
 Needs and Priorities 219
 Action Steps 220

CONTENTS

Remembering Lists	221
Wake-Up Menu	221
Onward and Upward	222

APPENDIX

Guide to MY DANCE Exercises	227
Further Reading and Other Resources	229
Postlude	233
Notes	235
Acknowledgments	249
About the Author	253
Index	257