



The Ant and the Elephant: Leadership for the Self: A Parable and 5-Step Action Plan to Transform Workplace Performance

Vince Poscente

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A renowned speaker, business consultant, record-setting speed skier and Olympian, Vince Poscente believes in the enormous potential of the unconscious mind. Poscente likens the dynamic between the conscious and subconscious minds to an ant and an elephant: "Our minds are separated into two distinct functions the conscious and subconscious elements. Our ant is the intentional part of the brain, but our elephant is the instinctual, impulsive part of the brain that houses emotions and memories and even guides the body to perform vital functions. While we tend to know our conscious minds our ants rather well, we often overlook the power of our elephantine subconscious minds. When we do, unfortunately, we squander a wellspring of human potential." Having seen too many books focused on what a problem or solution is and too few focused on how to solve the problem, Poscente, with his trademark wit, wisdom and steely resolve, created The Ant and the Elephant Leadership for the Self: A Parable and Five-Step Action Plan to Transform Workplace Performance.

The Ant and the Elephant: Leadership for the Self: A Parable and 5-Step Action Plan to Transform Workplace Performance Details

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Author : Vince Poscente

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From Reader Review The Ant and the Elephant: Leadership for the Self: A Parable and 5-Step Action Plan to Transform Workplace Performance for online ebook

Barry says

I really liked the message of this book and practicing those good habits we need everyday whatever our vocation is..

Chuck Cova says

A wonderful little tale - with a great big meaning. This is truly key to understanding ourselves - how we think, and why we act as we do. Great insight into aligning the conscious and subconscious minds to work together toward realizing our dreams.

Partha Das says

Good book, it will help you to re-think about how we run ourselves.

Charlie Anderson says

Absolutely love this book!! Definitely recommend for anyone who wants to achieve anything in their life!! I will definitely read this book again with a few months.

?Pablitomix a.?l :) says

This book is most interesting in the world

Raymond says

It was a good powerful read. There are a lot of little things. The owl thing to learn from the charter. I give it a 5 start.

James Huynh says

It is simply a unique book on leadership on the self. Light, short and powerful are the words to describe Poscente's amazing parable

Keith Aul says

This is a fantastic book!!!! All people must learn how they conscious mind and subconscious minds are linked together and how important it is to align both of them. This is how our goals are achieved. This book should be a requirement for all students, including all adults. It's so great, I'm currently reading it again (2/21/12) because it's that important to me to achieve all that I can achieve.

Brandon Perry says

Amazing book on the power of your mind in the journey towards your goals and dreams. Uses a simple story about an ant and a elephant to give you bigger than life principles on how to use your conscious and sub conscious mind, have them work together, so that you can live how you've always wanted. I recommend this book for anyone who truly believes better is out there and it might possibly be for them. This book will show you how it is for you and how you can get started on that journey.

Shayna Sunderland says

This little gem addresses the power of our subconscious when in alignment with the conscious- the 5 senses and our thoughts while awake. A parable that will help you reach your oasis!

Paigek says

The "Ant and the Elephant" by Vince Poscente is about Adir the ant, representing your conscience, and Elgo the elephant, representing your sub-conscience. This book goes over the five action steps to help you reach your goals. These five action steps will help you aline your conscience and subconscious mind so you can reach your goals and become successful at whatever you do.

My favorite part of this book is when Adir realizes that dreams come true, but rarely in the exact way they are envisioned, and that if your Conscience and subconscious mind work together you can accomplish anything you put mind too.

I recommend that everyone, no matter what genre you like reading, should read this book.

W E J D A N says

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Amanda says

If you have ever wondered how powerful your subconscious really is, READ THIS BOOK. I was fortunate enough to attend a lecture by the author last August, and I left the room feeling the "elephant buzz." Reading this book reminded me all over how powerful we can be if we tap into our subconscious with clarity and consistency.

Our conscious minds use about 2,000 neurons a second. Our subconscious minds, however, use 4,000,000 neurons in that same second! All of the sudden, the subconscious becomes VERY important! Poscente's allegory of the ant (conscious mind) and the elephant (subconscious mind) provides the 5 steps necessary to bring the two in alignment which, if successfully done, can bring about transformative results.

Lauren says

I Loved this book! It's a very entertaining short story that illustrates clearly what one has to do to better themselves...control your elephant!! It's a quick, easy read that is very memorable and leaves an impact.

Phil Everetts says

Pretty good
