

Foreword by Bo Burlingham, bestselling author of *Small Giants*  
and former editor of *Inc.* magazine

# d@nothing

The most rewarding leadership challenge  
you will ever take

rob dubé



*Rob Dubé*

**Donothing: The most rewarding leadership challenge you'll ever take**



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— Years of practicing mindful meditation have helped Rob Dube become an acclaimed entrepreneur, propelling his leadership to brand-new heights. In doing so, he shares his experiences with meditation and silent retreats, the wisdom of additional business leaders who have set up meditation routines, and scientific tests that prove the positive effects of meditation on your brain, body, and heart. Skills which are strengthened by learning to do nothing. But, the irony is, the more we do, the less control we have. Effective leadership requires composition, control, and concentration— He also teaches you how to meditate—the easy part! As business leaders, we are so often called to accomplish things: help to make decisions, fix complications, manage cash, and the best methods to convert a daily practice into a lifelong habit.



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For hard-charging, Type A, executives, “doing nothing” can in fact be hard to do. I found myself paying more focus on my breath and shifting my perspective as soon as I began reading. In short, everyone should read it! The first half of doNothing starts with the basics and presents anecdotes, testimonials, and formal studies that illustrate the powerful effects of meditation. who shares his very own life story and lessons discovered through personal, vulnerable storytelling. I came across this portion of the publication to be extremely valuable and enlightening. Great, Easy Intro to Meditation for Leaders doNothing is an excellent introduction to meditation, specifically for business leaders. For all those folks that don't practice meditation, it can be difficult to comprehend how meditation can positively improve your business. In a single easy to read package, doNothing makes a robust case for embracing meditation and teaches how easy it is to get started. Leaders are always researching to improve, and doNothing presents meditation as an instrument for improving leadership abilities and company efficiency. As a innovator myself, I enjoy this approach, but the book would be valuable to pretty much anyone interested in understanding meditation and its benefits. The donothing reserve serves not only as helpful information that readers can return to time and time again for motivation and instruction, but also invites readers to draw up a chair and get to know the author; Every leader would benefit from adding donothing with their bookshelf. I'm motivated to try meditation myself! He also teaches us the nuts and bolts of how to meditate! I have begun to meditate the way the book suggests and already feel so very much calmer. Turns out, meditation seems rather easy and there aren't really any rules - you merely want to do it and build a habit! doNothing is positive and encouraging, and can teach you to be a better innovator and person. I'm starting my own meditation journey now! A must-read for anyone curious about meditation and how it can help us end up being our best each day! This is a really special book. Mindfulness + Work = Peace Superb work connecting leadership, mindfulness, and business all together showing examples of steps to make the daily grind much less of a grind.. He's thought-provoking, honest, vulnerable. This is a leadership book! The book shares great tales with examples (and some science) for how exactly we can all become more compassionate leaders inside our lives. and really shows us how we could possibly be the best versions of ourselves each day. Thumbs up because of this book from an excellent new author!... donothing is a thoughtful and reflective tale of the journey that Rob has gone through with leadership. The lessons to be learned are a actual eye-opener for the person that feels overwhelmed, spread too thin, or otherwise not truly present in their role. I am today retired and just wish I'd have had the opportunity to read this reserve when I was in an exceedingly stressful executive position. I am wanting to place Rob's teaching to practice! That is a must-read. Awesome!! Many of us are aware of the emotional and spiritual benefits of meditation. I, like many others, learned from the Tim Ferriss podcast that meditation is normally a common thread among high carrying out individuals. What Rob Dubé did here with "do nothing" is to demonstrate how we may use meditation to develop ourselves as leaders. As a business head himself, his publication speaks to leaders from their perspective, making "Performing Nothing" a reality. I highly recommend this book to anyone seeking to develop themselves as a high-performing innovator who lifts up everyone around them. Rob's Donothing book will not mean you will be doing "nothing" you will be learning plenty and seeing that Rob explains, refreshed and ready to accomplish more. We need tasks to comprehensive and our thoughts are generally occupied with completing the next project at the job, reading the most recent business reserve, or catching up on the latest news.. I have already recommended Rob's publication to many friends and will continue steadily to . I'm privileged to know Rob and inspired to continue to develop my practice. I knew very little about mindful meditation before reading the reserve. Maybe it's true that slowing, reflecting, and recharging in fact makes effective, quality decisions as a innovator. I found it so enlightening, as stated in the reserve, that after practicing meditation for some time, the results on MRI's present positive adjustments in the brain. As explained in the publication Meditation also clears and calms the brain making it better to deal with the stresses many people face daily. The book goes on to explain just how many CEO's of large companies such as for example Google, Aetna,

Twitter, Cleveland Clinic, Hospital Personnel along with people who have PTSD and chronic pain are now practicing Meditation. I have already recommended Rob's publication to many close friends and will continue steadily to do so. Easy and fun to read - straight from the heart . donothing is a thoughtful and reflective tale of the journey . Through engaging "war tales" from the business enterprise globe, Dube describes how meditation has already established a positive impact on his life and the lives of additional successful business owners. As the phrase goes, "Slow is steady, and steady is fast." Rob's book takes that theory and applies it to leadership. I am not really a CEO or an entrepreneur, nevertheless, I believe just about anyone would benefit from scanning this publication. Easy and fun to read - straight from the heart of the author. Insight and persuasive I really enjoyed this publication and found that it has inspired me to restart my meditation practise (which I let slide on the excuse of lack of time! Rob does a superb work of detailing the need for 'doing nothing' to recharge, reset and re-energize ourselves. Rob talks about how it applies to all of our lives in such positive methods. This is a must-read for anybody feeling like they can't decelerate and needs period to reboot. This reserve will give you the answers you have been looking for! Learning to Disconnect for connecting Rob Dube does an excellent job supporting leaders reflect that they need to "disconnect, to better connect". Rob gives useful advice, opens up with his personal real-life good examples, shares wisdom from others, and cites really interesting and compelling research. **DONOTHING IS AN EXCELLENT READ** This book must be fantastic for anybody who wants to reduce stress whether linked to work or personal problems. It gives one insight on how best to approach everyday complications and how meditation is usually a key factor. Rob Dube shares his personal journey with meditation and how it changed his life and his leadership design! I highly recommend it! Very inspiring. Doing nothing can be hard for a lot of to accomplish; but this publication makes it easy! A Practical, Compelling Instruction with Powerful Storytelling Not merely is Rob Dube's donothing book a wonderful, engaging read, it is also a learning encounter from begin to finish.. We just can't seem to sit still and give ourselves period to reflect. In Rob Dube's new book, donothing, Dube explores the advantages of meditation and mindfulness on business leaders and business owners..The second portion of the book gets you started on the way.), restart yoga exercise classes and even consider meditation retreats. I liked the examples of other leaders that have been effective bringing mindfulness and meditation into their workplaces. Great Intro to Meditation! This is a great read that is well worth the time! I recommend to any leader who feels they have too much on their plate or who, sometimes, can become overwhelmed with all of the competing demands and stress of being a business innovator. Rob powerfully intertwines personal stories of leadership, growth, and meditation with the easy research behind the practice, useful instruction on how to begin, and a compelling challenge for those looking to progress their existing meditation practice. The author makes a convincing case for mindful meditation based on scientific research and personal encounter and explains the simple (however, not easy) actions to meditate and start a regular meditation practice. This is a must-read for anyone feeling like they can not slow down and needs time to reboot Do nothing says it all!? donothing is an instant read and really should be the go to reserve for budding, but consumed with stress, entrepreneurs, searching for an inspiring, step-by-step instruction on how to become a better innovator by slowing and doing nothing. I am very thankful to this reserve and Rob Dube. A Leadership Path... A very well written reserve that resonates with me particularly in the region of increasing mindfulness capacity through meditative practice. I especially enjoyed how the writer shared his own journey as a business owner where he also references a great many other leaders tapping into their warrior spirit, ultimately to cultivate attention/recognition and understand it as our biggest asset. Not long ago i reflected on portions of the strategy while traveling in the mountains of Glacier National Park. What a perfect setting to "Perform Nothing" and think about doing so much! It has influenced me to work meditation into my daily routine and discover time by slowing down and develop self-reflection in a healthy way. It answers all the questions you begin asking when you browse the first part.. This book spans a lot more than simply meditation. Rob connects the research of meditation to real world

application and displays us how this makes us better leaders. I could not put the reserve down.



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