

## The Power of Conscious Connection: 4 Habits to Transform How You Live and Lead

**Talia Fox**

Ideapress Publishing (Nov 28, 2023)

Hardcover \$28.95 (280pp)

978-1-64687-135-3

*The Power of Conscious Connection is an uplifting leadership guidebook about nurturing habits and skills to attain business-oriented enlightenment.*

CEO Talia Fox's helpful guidebook *The Power of Conscious Connection* enumerates four transformative leadership habits worth adopting.

Drawing upon personal stories and practice scenarios, the book posits that one small shift in attitude can result in a way out of life's overwhelming difficulties. It recommends its own LOVE system to fill this space—an acronym for listen, observe, value, engage. This framework roots leadership in the practice of conscious connection, empathy, and mutual respect. "The first step in mastering this system," Fox states, "is to find opportunities to LOVE ... in your everyday life."

This work is made accessible in part by the explication of technical terms, such as cognitive behavioral therapy, complemented by examples of positive conscious connections, which are defined as "the purest form of power—the kind that allows us to live without apology or competition." In multiple instances, the book delivers two versions of the same scenario for clarity and nuance: one where the speaker's contributions are met with dismissals and fake smiles, and one where the speaker's contributions are taken into serious consideration and used to better company policies or reach tangible metrics. In that sense, it emphasizes how key characteristics related to conscious connection such as healthy disagreement and the willingness to open up ears can make or break a company.

Some of the book's other hypothetical scenarios move beyond the business world, as with a story about children who want to hold a forum with their elders on an important issue; this is followed by an address to the audience: "What questions do you have about others' perspectives?" There are also examples of ways to succeed at meetings, based on the idea that success requires listening more than speaking. Throughout, the work is attentive to mindfulness concepts like inner voices and increasing emotional intelligence. But even more helpful than the book's illustrative examples are the organized assessments at the end of the book. These are designed to measure communication and engagement skills according to the LOVE system's multifaceted standards, and they contain biting, provocative questions, like "Did you show respect to someone you dislike because *you* value respect?" as well as prompts to "analyze yourself today as if you are a character on a show."

*The Power of Conscious Connection* is an insightful leadership book for those looking to become thoughtful innovators.

STEPHANIE MARRIE (December 11, 2023)

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