**New Book Explores the One Asset All Leaders Need in Ever-Changing World: Courage**

Shelly L. Francis, Center for Courage & Renewal explore the concept of courage   
to show us how to lead, live with integrity

SEATTLE, Feb. 6, 2018 – In a time when the world is facing volatile and complex issues on a societal, cultural, business and personal level, crises can disrupt our lives in an instant. In these times, finding your *true north* is daunting.

That’s where the new book, *The Courage Way: Leading and Living with Integrity,* comes in to offer a much-needed guide.

“Today’s world is beset with rapid changes in culture, government, technology, social mores, expectations, and economic concerns. That’s why we need leaders—really, every one of us—to act with courage,” says Shelly L. Francis, who wrote *The Courage Way* on behalf of the Center for Courage & Renewal.

She adds, “Courage is what happens when you bring inspiration and integrity to your decisions to take action. In your moments of courage, that’s when you meet your true self.”

*The Courage Way* explores five types of courage—Moral, Physical, Social, Creative and Collective—and demonstrates how each can manifest themselves in day-to-day decisions we face in business, in organizations, and in our daily lives.

The Courage Way offers numerous examples of courage. Francis notes former Uber President Jeff Jones as another example:

In March 2017, Jeff Jones resigned as president of the ride-sharing company Uber, after only six months at that post. He said that Uber’s hard-driving culture was inconsistent with his values as a leader: “The beliefs and approach to leadership that have guided my career are inconsistent with what I saw and experienced at Uber and I could no longer continue as president of the ride sharing business.”

Jeff Jones’ decision to leave Uber was an act of integrity, making a choice to no longer “conspire in his own diminishment.”

In writing the book, Francis expands on the teachings of Center for Courage & Renewal and its founder, Parker J. Palmer, and interviews with 120 people about how they applied those teachings in real-world situations.

Though available to the public just today (Feb. 6, 2018), many leaders, educators, and fellow authors have early praise for *The Courage Way*:

* “With intimate leadership stories, [*The Courage Way*] shows how integrating purpose and cultivating community can be a powerful catalyst for change.” **—** **Aaron Hurst**, author of *The Purpose Economy* and Fast Company’s *Purposeful CEO* Series
* “Of all the requisite virtues of conscious leaders, courage is one of the most essential. This book is the finest treatment I know of this vital subject.” **— Raj Sisodia**, F. W. Olin Distinguished Professor of Global Business, Babson College
* “*The Courage Way* offers stories and practices of how the hearts of leaders can stay connected with their moral compass and courage.” **—Donald M. Berwick**, MD, President Emeritus and Senior Fellow, Institute for Healthcare Improvement
* “This is an important read for leaders at all levels. I am inspired by the promise and potential of leaders and organizations as forces for good, and this has never been more important in the world.” **—Richard J. Davidson**, founder of the Center for Healthy Minds, University of Wisconsin–Madison, and coauthor (with Daniel Goleman) of *Altered Traits*
* “Leading with integrity and empathy requires vision and a connection to your deepest self. Enter *The Courage Way*, which offers tools, stories, and ideas to help you cultivate your vision and your ability to lead with courage, kindness, humor, and dignity.” **—Karla McLaren**, M.Ed, author of *The Language of Emotions* and *The Art of Empathy*

# *The Courage Way Leading and Living with Integrity*

# By Shelly L. Francis and the Center for Courage & Renewal

# Berrett-Koehler Publishers

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**About Center for Courage & Renewal**

Through events, training, and other resources, the non-profit [Center for Courage & Renewal](http://www.couragerenewal.org/about/mission/) changes the world from the inside out, helping people discover the courage to act and lead with integrity. The Center reaches teachers, clergy, health care workers, nonprofit and business leaders, and anyone who wants to reconnect who they are with what they do. Founded by Parker J. Palmer, the Center has a global network of 300 facilitators, working with more than 5,000 people every year through its programs.

**About Shelly L. Francis**

Shelly L. Francis has been the marketing and communications director at the Center for Courage & Renewal since mid-2012. Before coming to the Center, Shelly directed trade marketing and publicity for multi-media publisher Sounds True Inc. Her career has spanned international program management, web design, corporate communications, trade journals, and software manuals. The common thread throughout her career has been bringing to light best-kept secrets—technology, services, resources, ideas—while bringing people together to facilitate collective impact and good work.

Shelly wrote [*The Courage Way: Leading and Living with Integrity*](https://www.amazon.com/Courage-Way-Leading-Living-Integrity/dp/1626567751/) on behalf of the Center for Courage & Renewal.