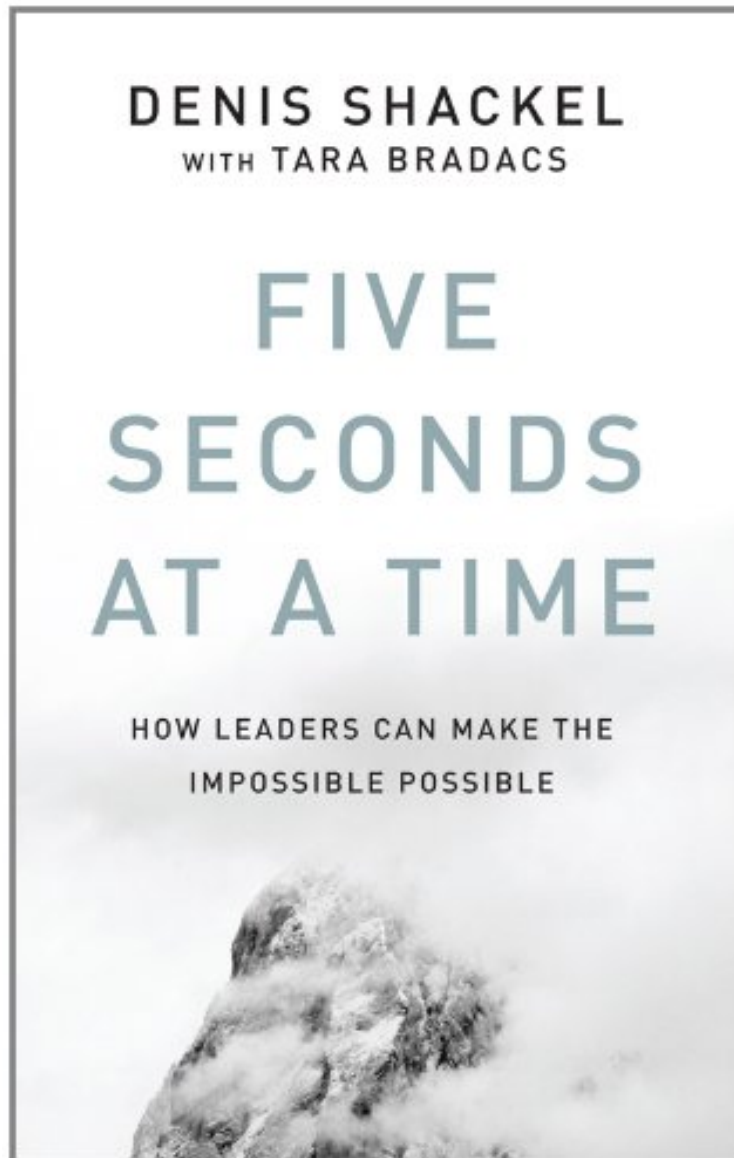


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Five Seconds At A Time: How Leaders Can Make the Impossible Possible

Denis Shackel, Tara Bradacs
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When a tragic mountain-climbing accident left business professor Denis Shackel stranded on Mount Ruapehu in New Zealand, he turned to the leadership principles he'd been teaching for years to survive the longest night of his life. Alone, with temperatures plunging to -30 degrees Celsius, Shackel managed to stay alive. He broke the night into five thousand five-second intervals, and chose to deal with only one interval at a time -- a strategy based on the effective leader's practice of breaking big challenges into smaller, more manageable ones. Shackel emerged from this harrowing experience having cemented his belief that the principles fundamental to leadership are also the key to tackling any challenge. Since then, he has been helping students, executives and corporations use the proven "five seconds at a time" approach to achieve success in business and in life. At a time when many leaders are feeling overwhelmed, *Five Seconds at a Time* provides effective tools and strategies to excel. With its compelling mix of survival stories, leadership principles and inspiring case studies, this book will inspire readers to achieve the seemingly impossible.

About the Author Denis Shackel is head of Management Communications at the Richard Ivey School of Business, University of Western Ontario, and a consultant for corporations throughout North America. Born in New Zealand, he has an M.A. in psychology from Canterbury University and a Ph.D. from the University of Toronto. In 2005 and 2007, Denis Shackel was voted Professor of the Year by students at the University of Toronto and the University of Western Ontario, respectively. He lives just outside of London, Ontario.