



weLEAD Book Review

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7 Moments... That Define Excellent Leaders

CornerStone Leadership Institute - 2006 (134 pages in paperback)

Author Lee J. Colan

ISBN 0-9772257-7-1

Lee J. Colan wants you to *seize* the moment! Not just any moment, but one of the individual moments that we experience every day. These are literal and defining moments that can change us forever. These are *special* moments that have the potential to change our perspective and direction.

7 Moments... is one of those short but insightful books that is a pleasure to read and ponder. Lee Colan expands upon the powerful influence of these moments and encourages the reader to create defining moments for *others* every day. He explains, "In fact, the pathway to leadership excellence is paved with these moments - positive defining moments we create for others".

After a brief introduction, the book is composed of seven chapters, one for each defining moment that Colan defines as an opportunity for self-discovery, mentoring others and achieving your personal best. Each chapter outlines some useful common sense principles seasoned with bullet points, rich personal examples and pensive quotations. The end of each chapter provides a brief *summary* including some questions to ponder about the chapter's content.

7 Moments... is written casually and is easy to read in a few hours. The author enriches the book with interesting modern examples and success stories to highlight the major points in each chapter. The reader can also visit the author's website and take a *free* assessment analysis based on the book. The assessment provides a personalized plan to help the reader grow as a leader. The content of this fine book is not revolutionary, but it will cause you to meditate on some important concepts that we often overlook in our busy lives.

weLEAD Rating - recommended

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