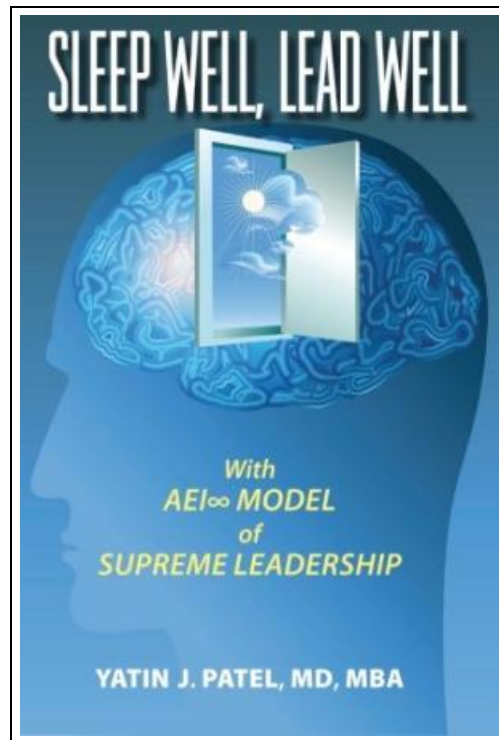


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- Patty Tucker, Sleep Coach, Physician Assistant (Stanford School of Medicine) ----- Yatin J. Patel MD MBA, Founder and Medical Director of Center for Sleep Studies at IU Health Goshen Hospital, combines his 20 years of clinical experience as a board certified sleep physician and his experience as a leader in various positions at the hospital along with his formal executive training at Notre Dame University to give readers a revolutionary tool called AEI Model of Supreme Leadership. This unique tool first helps reader achieve rectangular alertness (maximal alertness that can last 18 hours a day) using sleep hygiene and LAMP (Leader s Alertness Management Plan.) It then helps the reader leverage this Alertness to maximize Emotional intelligence and Information management to achieve consistent excellence. It takes the concept to new heights by adding selflessness and spirituality to achieve the state of Supreme Leadership. This book is written to help overworked individuals maximize their God-given potential. On a broader level though, it can help everyone...

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