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## ***Being Human at Work***

Richard Strozzi-Heckler

“We have become afflicted by a cultural amnesia and have forgotten that we are feeling, multidimensional beings, rather than extras in some corporate extravaganza.”  
(from the Introduction)

For seventeen years the Strozzi Institute in Sonoma, California has trained thousands of people in a bodily-oriented approach to work that radically enhances experiential fulfillment and capacity for leadership. In *Being Human at Work*, Founder Richard Strozzi-Heckler has gathered essays from professionals in a number of disciplines (including business, education, medicine, technology, finance, the military and psychology) who are forging boundaries by integrating somatics into their work procedures and habits.

Strozzi-Heckler says that sense of meaning in contemporary life eludes us – and as a result, so does joy, passion, and even professional effectiveness. He cites as evidence of our collective despair the billion-dollar antidepressant, antacid, anxiety reliever, and migraine medication markets, as well as the myriad “virtual” worlds we confront daily.

In these environs, how can we connect with co-workers, and at the same time develop as individuals and leaders? The essays here tell us a somatic approach is the key. ‘Somatics’ is a Greek word that literally means “the living body in its wholeness.” It refers to the notion that humans have the capacity to be self-generating, self-healing, and self-educating.

The authors in *Being Human At Work* broach important issues, such as how to maintain a centered presence; how to cultivate the capacity to generate, receive, and repair trust; and how to comprehend “authenticity.” All the professionals featured have studied at the Institute, and their essays speak to the reader who seeks a successful, not self-defeating, route to self-improvement. *Being Human at Work* is eloquent, to-the-point, and above all positively encouraging. This remarkable anthology proves that a somatics-influenced working lifestyle is not only attainable, but ideal.

“We say there are three things necessary for leadership... technical expertise... intelligence... and [the] particular kind of self that you need to be. People have to want to be around you. You have to show up as having integrity, being accountable, and having the capacity to build trust, generate positive moods, and mobilize and motivate people...”

– Richard Strozzi-Heckler, *Ubiquity Magazine*

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**Richard Strozzi-Heckler** is the author of five books, including the nationally acclaimed *In Search of the Warrior Spirit*. He appeared on the front page of the *Wall Street Journal* in October of 2000 for his groundbreaking work in leadership training with the U.S. Marine Corps. He is the President of the Strozzi Institute, where he has been doing research and teaching in the areas of leadership development and self-mastery for the past 30 years.

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