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Former Federal Agent in Charge reveals insider secrets

Leadership expert Andrew D. Wittman, PhD reveals secrets about stress control and conflict management that even the highest levels of leadership don't know

Greer, SC – Author Andrew D. Wittman, PhD has been teaching leadership and mental toughness for over 25 years. In his thought-provoking new book *Ground Zero Leadership: CEO of You* (published by GWT Media and available at www.getwarriortough.com) Wittman explains that the key to managing stress and conflict is to keep fear from hijacking your brain. Fear, anger, anxiety, and worry all stem from a *perceived* lack of control. *Ground Zero Leadership* teaches you the mental toughness skills you need to take back control. Considering the fact that 80% of all doctors' visits are stress-related and that most heart attacks occur at 9am on Monday mornings, the solutions Wittman provides shouldn't be ignored.

"Leadership excellence begins with oneself—at Ground Zero—where it is critical to have complete control over your mind, body and emotions under pressure," Wittman explains. "Your job as CEO of You is to get your Board of Directors—body, mind, and emotions—to act in concert for your betterment instead of your detriment."

Wittman draws from his years of experience as a United States Marine Corps infantry combat veteran and a former police officer and federal agent. As a security contractor for the State Department, Wittman taught high-threat diplomatic security to former Navy SEALs, Marines, Rangers, and Special Forces. He was the Special Agent in Charge of Nancy Pelosi's security detail, and Joe Lieberman's lead advance agent, and he has personally protected Hillary Clinton, King Abdullah of Jordan, Benjamin Netanyahu, the Prime Minister of Israel, Fortune 20 CEOs and Sir Elton John.

As a speaker, trainer, and consultant on leadership and mental toughness for corporations worldwide, Wittman challenges his audience to ask better questions in the face of difficulty—how would I do it? Readers of *Ground Zero Leadership* will learn how the human machine (mind, body, and emotions) works and how to apply that knowledge to calm the storms of life and defeat the negative effects of stress.

Learn more about Andrew Wittman and get your copy of *Ground Zero Leadership: CEO of You* at www.getwarriortough.com