



# Tipping Sacred Cows: Kick the Bad Work Habits that Masquerade as Virtues

*Jake Breeden*

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# Tipping Sacred Cows: Kick the Bad Work Habits that Masquerade as Virtues

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**Tipping Sacred Cows: Kick the Bad Work Habits that Masquerade as Virtues** Jake Breeden  
**Strategies for overcoming the "sacred cows" that hold people back at work**

You should try your best, work well with others, and produce excellent work. Right? But these cherished nuggets of advice, in practice, have a dark side that can lead to career-limiting unintended consequences. And they're not alone.

Based on Jake Breeden's experience coaching thousands of leaders in 27 countries, and new research in economics, neuroscience, and psychology, *Tipping Sacred Cows* reveals how to overcome the dangerous behaviors that masquerade as virtues at work, and how to lead with fewer self-imposed limitations and greater results. **It's a guide for curious, courageous people at work.** The book:

- Identifies the seven most common sacred cows at work, including balance that turns bland, creativity that conceals narcissism, and passion that becomes obsession
- Offers simple steps for recognizing and overcoming the potentially career-limiting effects of each of the most common sacred cows
- Written by Jake Breeden, a faculty member at Duke University's Corporate Education program, rated by *Businessweek* and *The Financial Times* as #1 in the world

*Tipping Sacred Cows* shines a light on the hidden traps that lie between good intentions and great results, clearing a path so leaders can finally realize their full potential at work.

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