

From Heart Transplant to Leadership Transformation: John Daniel's Journey to Unlocking the "Ancestral Mindset"

MEMPHIS, TN, UNITED STATES, March 10, 2025 /EINPresswire.com/ -- At age 62, John Daniel lay in a hospital bed, his life hanging in the balance as he awaited a heart transplant. A leader who had spent decades shaping corporate cultures, he suddenly found himself in the ultimate test of human resilience—one that would forever change his understanding of what drives human behavior. That life-altering experience, combined with his extensive career as an HR executive, led him to write *Ancestral Mindset: Adopting an Evolutionary Framework to Lead, Influence, and Collaborate*—a groundbreaking book that explores how our evolutionary past holds the key to thriving in modern leadership, relationships, and decision-making.



John Daniel speaking at a book signing event at Novel in Memphis

About the Book

For 90% of human history, survival depended on instinct, adaptability, and connection. Yet, in today's boardrooms, teams, and personal relationships, those same deeply ingrained behaviors often trigger stress, anxiety, and miscommunication. *Ancestral Mindset* bridges the gap between evolutionary psychology and leadership, revealing how understanding our hunter-gatherer origins can unlock trust, resilience, and influence in the workplace and beyond.

Daniel challenges leaders to rethink conventional management strategies by asking:

Why do high-pressure situations provoke fear and avoidance—even when the stakes aren't life or death?

Why do criticism and feedback trigger deeply emotional responses?

How can leaders harness primal instincts to foster collaboration, confidence, and growth?

Blending cutting-edge research, practical leadership strategies, and his own extraordinary life experience, Daniel introduces a transformative approach—one that goes beyond standard leadership advice and taps into the ancient wiring that still shapes our decisions today.

About the Author

John Daniel is no stranger to high-stakes leadership. With nearly 50 years in the banking industry, most recently as Chief Human Resources Officer at First Horizon Bank, he has been at the forefront of shaping organizational culture. He was recognized with the prestigious James House Williamson Award for advancing the HR profession and served as a 2022 Fellow at Harvard University's Advanced Leadership Initiative.

But perhaps his most defining leadership challenge came outside the corporate world—facing his own mortality. As a heart transplant survivor, Daniel brings a rare, deeply personal perspective on resilience, adaptability, and human connection. He and his wife, Leslie, were honored by the American Heart Association with the Living Heart Award, now named in their memory. In addition to his professional and philanthropic work, he's an active community leader and the founder of the Bluff City Pickleball.

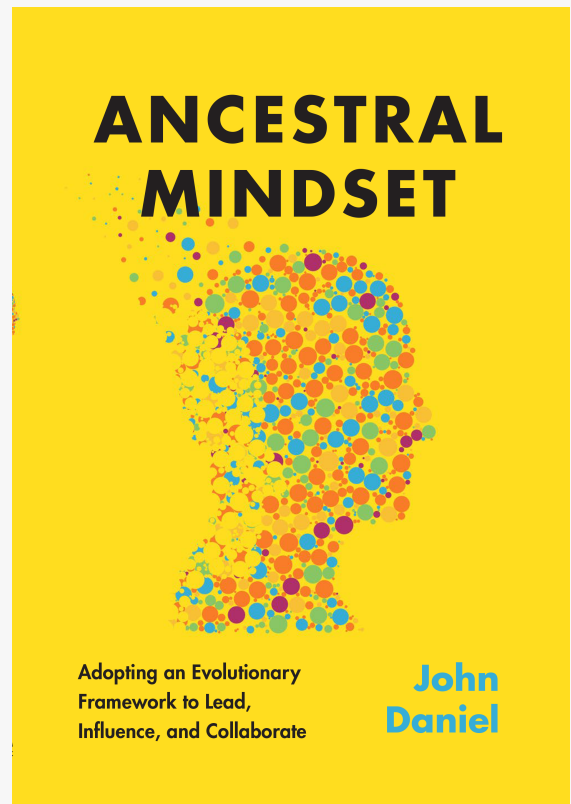
Where to Get the Book

Ancestral Mindset is now available in print and digital formats at:

Amazon: <https://a.co/d/dzRVTIN>

Novel: <https://www.novelmemophis.com/book/9781637633588>

Media & Speaking Inquiries



Ancestral Mindset



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John Daniel's journey from the edge of survival to reshaping leadership offers more than just a framework—it's a wake-up call to tap into the instincts that have guided humans for thousands of years. Are you ready to unlock your Ancestral Mindset?

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