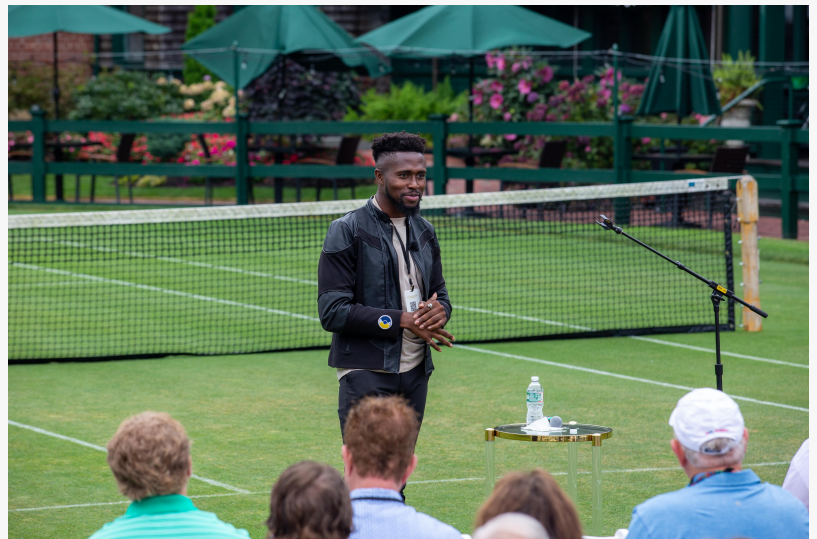


From Burnout to Balance: Tim Salau's Journey Inspires The 7 Habits of Zen Leadership Ahead of October Release

Tim Salau transforms his own burnout story into a leadership playbook blending purpose, clarity, and compassion for the future of work.

AUSTIN , TX, UNITED STATES,
September 23, 2025 /

EINPresswire.com/ -- When Tim Salau walked away from a high-profile role at Microsoft, it wasn't for lack of ambition. It was survival. Under chaotic pressure, late hours, and a boss he couldn't trust, Salau's mental health deteriorated. "I felt misplaced, far from family, and stuck in a toxic cycle that was stealing my peace," he recalls. That choice to leave wasn't just an exit, it was the beginning of a philosophy that would become [The 7 Habits of Zen Leadership](#), releasing October 8, 2025.



Tim Salau addresses an outdoor audience at a professional event, gesturing expressively while wearing a conference badge and a microphone headset.

The Pivot

From that experience of burnout, Salau made a vow: he would only choose partnerships and environments built on trust, reciprocity, and care. That vow became the foundation of Zen Leadership, a framework blending purpose, clarity, and compassion—habits designed to help leaders build workplaces where people thrive, not suffer.

The seven habits at the heart of Zen Leadership include:

Lead with Purpose (Why): Ground every decision in meaning.

Lead with Authenticity: Show up as your true self.

Lead with Adaptability: Pivot and evolve without losing focus.

Lead with Boldness: Take courageous action, even in uncertainty.

Lead with Clarity: Simplify complexity for yourself and your team.

Lead with Community (We): Foster connection and collaboration at every level.

Lead with Compassion: Prioritize humanity in every decision.

Why Now



Tim Salau addresses an outdoor audience at a professional event, gesturing expressively while wearing a conference badge and a microphone headset.

Salau's story mirrors what millions of workers feel every day. Burnout has been named a global epidemic by the World Health Organization, and research shows toxic culture is the single greatest driver of attrition. Leaders can no longer ignore it.

“

I left Microsoft not because I wasn't good enough, but my team's culture wasn't human enough. This book is my promise that leaders can choose clarity, courage, and compassion instead of control.”

Tim Salau, Mr. Future of Work

“Workplaces don't break because people stop caring—they break because trust is broken. Zen Leadership is about repairing that trust, starting with yourself,” says Salau.

Authority + Partnerships

Salau, known worldwide as Mr. Future of Work, has carried this philosophy into collaborations with organizations such as LinkedIn, Cornell, the World Bank Group, and the University of Texas at Austin. Each partnership has affirmed the demand for a new kind of leadership, one

that treats people as human, not just as headcount.

Pre-orders & Perks

Readers who pre-order *The 7 Habits of Zen Leadership* will also gain access to exclusive bonuses, including:

Big Black Tea Harmony (Green) or Zen (Black) — The first 25 pre-orders receive a free tea blend, offering a moment of ritual and relaxation that mirrors the spirit of Zen leadership.

Zen Circles Community Access — The first 100 pre-orders get entry into Tim Salau's private Zen Circles, where behind-the-scenes content, early excerpts, Q&A, and launch prep resources are shared.

Bonus Final Chapter — All pre-order customers receive exclusive access to the final, "call to arms" chapter as a digital early release.

These pre-order perks are designed to help readers not only consume the book but also practice Zen Leadership in their own lives and organizations. Custom offers can also be created for organizations who buy the book wholesale, minimum order rate is 100 books.

Availability

The 7 Habits of Zen Leadership launches globally on October 8, 2025 in eBook format, followed by paperback on January 7, 2026, and audiobook in Spring 2026. [Pre-orders are now available via Amazon](#) and at [Tim Salau's official website](#).

About the Author

Tim Salau, Mr. Future of Work, is a globally recognized leader, speaker, and CEO of Guide. He has led product innovation at Google, Microsoft, Facebook, and WeWork, and his work has been featured in Forbes, The Wall Street Journal, and SXSW. Through his writing, speaking, and advocacy, Salau champions inclusive innovation and helps leaders worldwide design purposeful careers and resilient organizations.



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Sophia Gaité
Atem Group., Inc
+1 832-753-2315

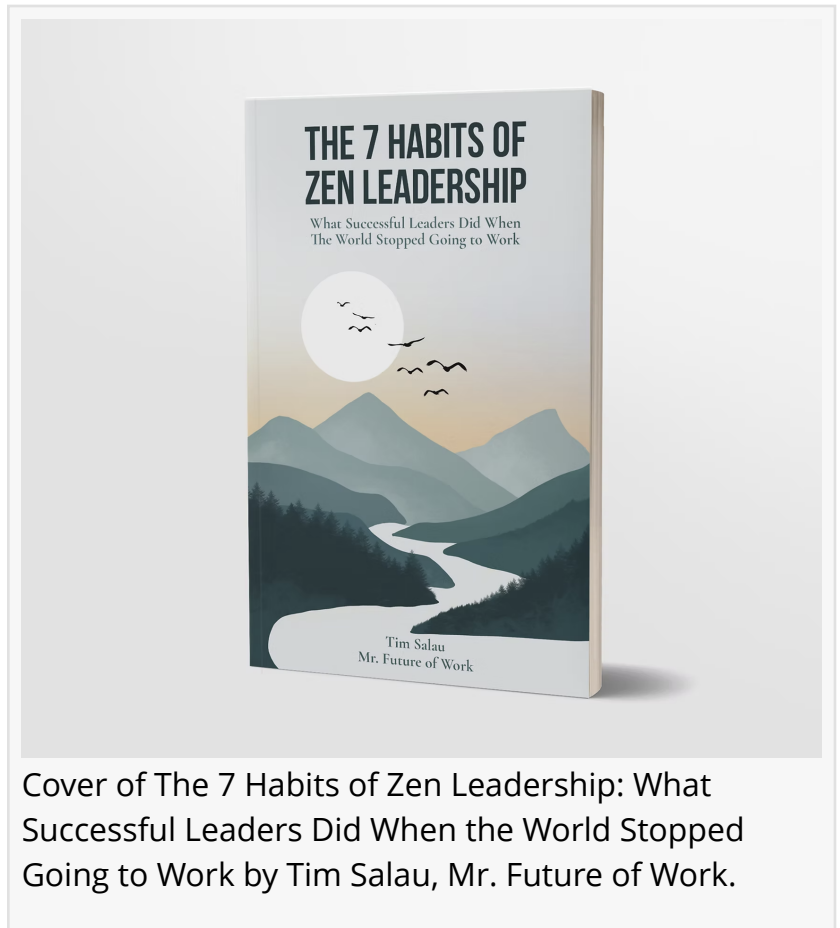
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Cover of The 7 Habits of Zen Leadership: What Successful Leaders Did When the World Stopped Going to Work by Tim Salau, Mr. Future of Work.

This press release can be viewed online at: <https://www.einpresswire.com/article/841559707>

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