

Dr. Laide R. Alexander Redefines Modern Leadership and Personal Agency in Two New Transformational Books

HOUSTON, TX, UNITED STATES, June 5, 2026 /EINPresswire.com/ -- [Dr. Laide R. Alexander](#) Redefines Modern Leadership and Personal Agency in Two New Transformational Books

Renowned leadership expert and [author Dr. Laide R. Alexander](#) announces the dual release of her latest works, "Why Move My Cheese? Choosing Change Instead of Just Surviving It" and "The Unfinished Leader: Embracing Personal Transformation to Lead Change That Lasts." Together, these books provide a comprehensive framework for individuals and executives looking to move beyond mere survival toward authentic, impactful living.



Dr. Laide R. Alexander (Author)

Reclaiming Your Power: "Why Move My Cheese?"

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When we lead from a place of authenticity and 'unfinishedness,' we create a culture where others feel safe to grow, innovate, and contribute.”

Alexander

In a provocative shift from the classic narrative of reacting to external change, Dr. Alexander challenges the "victim mindset". She argues that the cycle of blame and passivity ends when we stop asking who moved our success and start asking, "Why am I moving mine?" This book serves as a strategic roadmap for:

- Breaking Free from Passivity: Overcoming the fear and blame that paralyze decision-making.
- Identifying Intent: Recognizing if life changes are driven

by growth or a need to hide from reality.

□ Reclaiming Agency: Navigating career crossroads and identity crises with clarity.

Leading with Authenticity: "The Unfinished Leader"

Addressing the global crisis of burnout and imposter syndrome, Dr. Alexander dismantles the "myth of arrival" the idea that leaders must have all the answers and appear "fully put together". She proposes that sustainable leadership begins when one admits to being a work in progress. Key insights include:

□ Dismantling the "Masks": Identifying how personas like The Achiever or The Fixer lead to exhaustion.

□ Curing Burnout: Providing tools to shift from frantic "doing" to purposeful "being".

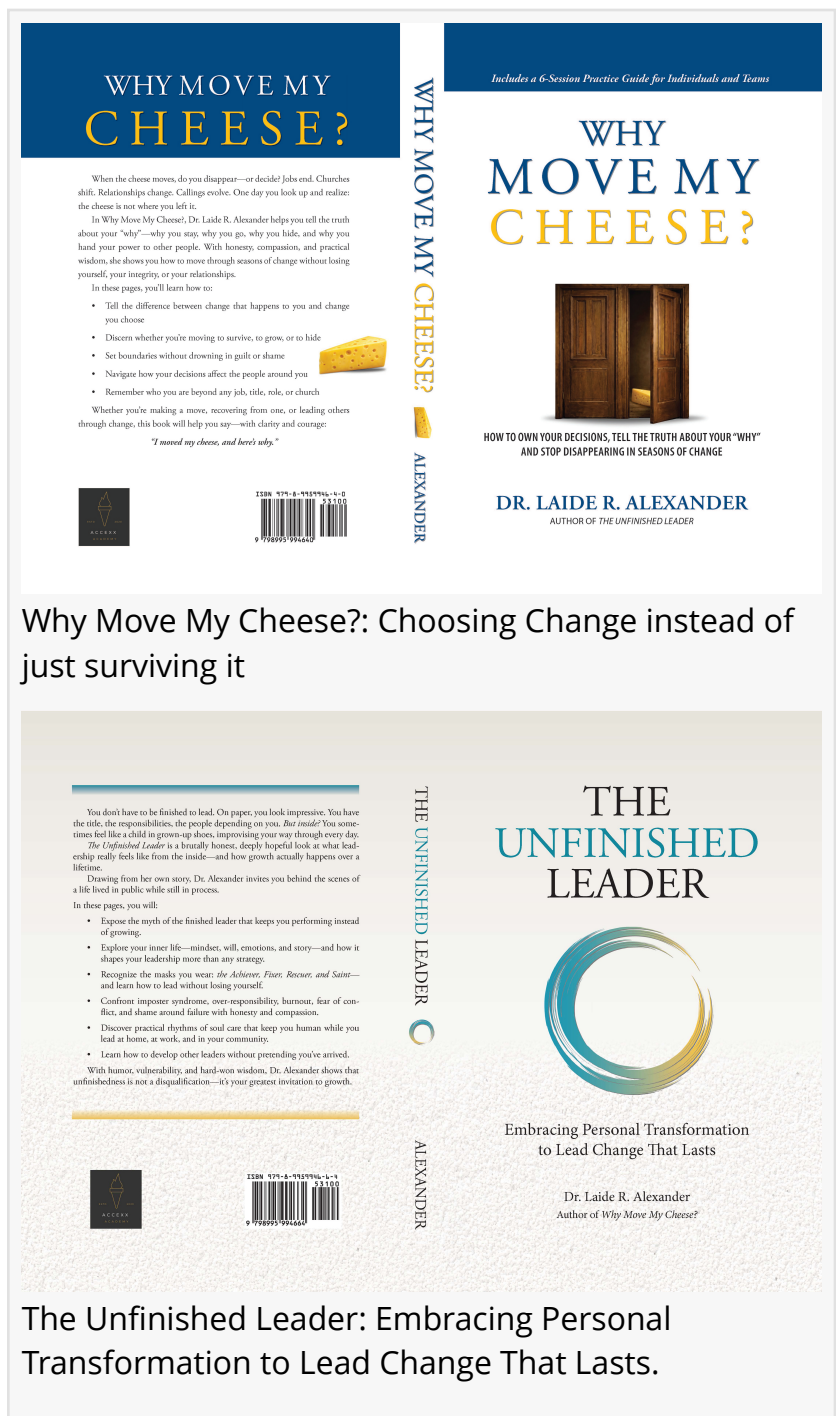
□ Healing the Inner Leader: Overcoming the hidden impact of personal stories on professional decisions.

"When we lead from a place of authenticity and 'unfinishedness,' we create a culture where others feel safe to grow, innovate, and contribute," says Dr. Alexander.

"When we understand our own motivations for change, we regain the power to make honest, impactful decisions".

About the Author

Dr. Laide R. Alexander is a leading voice in leadership growth and personal development. Her work focuses on bridging the gap between professional success and personal fulfillment, helping individuals navigate complex transitions with courage and emotional intelligence.



Availability: Both titles are available now at Amazon and major book retailers.

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