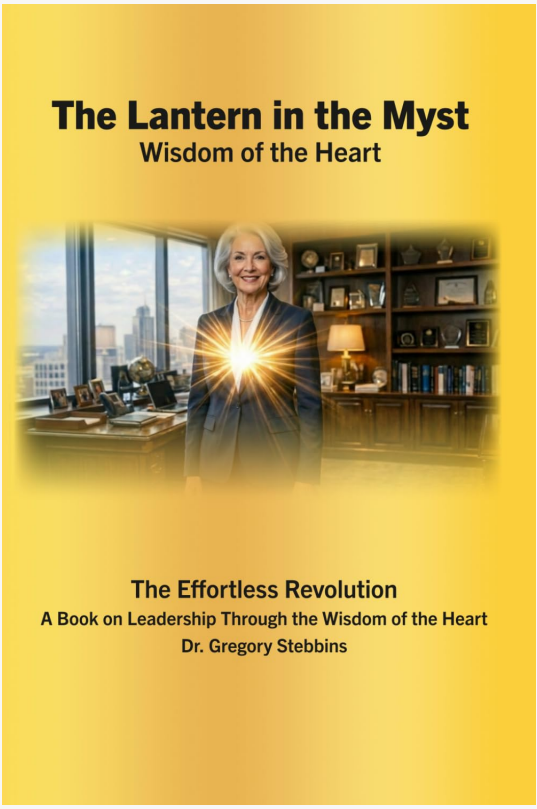
# Dr. Gregory Stebbins Explores Self Love as a Leadership Discipline in The Lantern in the Myst

*The Lantern in the Myst reframes Philautia as a leadership discipline, examining its link to decision making, organizational culture, and long term performance.*



The Lantern in the Myst: Wisdom of the Heart

NEW YORK CITY, NY, UNITED STATES, September 29, 2026 /EINPresswire.com/ -- Dr. Gregory Stebbins' new book, The Lantern in the Myst: Wisdom of the Heart, examines an unconventional question in modern leadership: what role does a leader's internal alignment play in decision making, organizational culture, and performance?

The book reintroduces the ancient Greek concept of Philautia, or unconditional self love, as a framework for examining modern business leadership.

Leadership discussions have sometimes associated self love with self indulgence or narcissism. Stebbins distinguishes Philautia from narcissism and hubris, arguing that the internal condition of a leader can influence behaviors and decisions that extend throughout an organization.

Real Leaders, Real Lessons

Rather than presenting the concept only in the abstract, Stebbins grounds his framework in examples of prominent business leaders and their approaches to leadership:

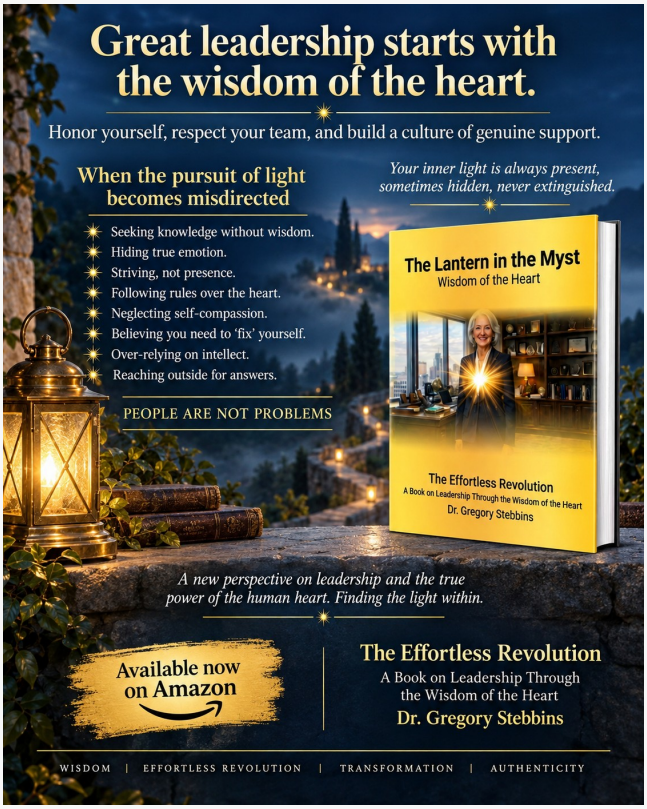
- Bob Chapman and his conviction that everyone matters
- Doug Conant and his practice of writing personal notes to employees
- Satya Nadella and his emphasis on humility and a collaborative growth mindset at Microsoft
- Ed Catmull and his observations on the relationship between organizational security and creativity
- Alan Mulally and his leadership during a consequential period at Ford

For contrast, Stebbins also examines examples involving narcissism and hubris, exploring how different leadership behaviors can affect organizational culture, trust, and performance.

Where Values and Behavior Collide

One of the book's central ideas is that a leader's internal state can become amplified as decisions and behaviors move through an organization. Stebbins focuses particularly on moments when stated organizational values and actual behavior diverge, including situations in which leaders tolerate conditions they publicly oppose or establish expectations that are not consistently enforced.

Stebbins argues that these inconsistencies can gradually affect trust, organizational clarity, and performance.



The Lantern in the Myst Flyer

An Alternative to "Just Push Harder"

For executives, entrepreneurs, managers, coaches, and others studying leadership development, The Lantern in the Myst presents an alternative perspective to leadership approaches centered primarily on greater intensity, tighter targets, and increased urgency.

Stebbins argues that acceleration without alignment can create organizational instability. His framework instead places alignment before acceleration and examines its potential relationship to cognitive burden, executive functioning, decision making, team stability, and execution.

About the Author

Dr. Gregory Stebbins is the author of The Lantern in the Myst: Wisdom of the Heart, which brings the ancient concept of Philautia into a contemporary discussion about organizational leadership. Using corporate examples alongside questions designed to examine the relationship between stated values and behavior, Stebbins encourages leaders to apply the same level of scrutiny to their own leadership practices that they apply to strategy, performance, and operations.

In Stebbins' framework, wisdom of the heart is presented not as a substitute for accountability or business discipline, but as a component of leadership alignment. The book examines the premise that a leader's internal condition can influence the broader organization's capacity to

perform.

The Lantern in the Myst: Wisdom of the Heart is currently available through Amazon.

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