

He keeps his own mind blacked out. He is, psychologically, scared of his own thoughts. As time goes by, Mr. I-can't-stand-to-be-alone grows increasingly shallow. He makes many ill-considered moves. He fails to develop firmness of purpose, personal stability. He is, unfortunately, ignorant of the superpower lying unused just behind his forehead.

Don't be a Mr. I-can't-stand-to-be-alone. Successful leaders tap their superpower through being alone. You can, too.

Let's see how.

As part of a professional development program I asked thirteen trainees to closet themselves for one hour each day for two weeks. The trainees were asked to shut themselves off from all distractions and think constructively about anything that came to mind.

At the end of two weeks each trainee, without exception, reported the experience proved amazingly practical and worthwhile. One fellow stated that before the managed solitude experiment he was on the verge of a sharp break with another company executive, but through clear thinking he found the source of the problem and the way to correct it. Others reported that they solved problems relating to such varied things as changing jobs, marriage difficulties, buying a home, and selecting a college for a teenage child.

Each trainee enthusiastically reported that he had gained a much better understanding of himself—his strengths and weaknesses—than he had ever had before.

The trainees also discovered something else that is tremendously significant. *They discovered that decisions and observations made alone in managed solitude have an uncanny way of being 100 percent right!* The trainees discovered that when the fog is lifted, the right choice becomes crystal clear.