

# The Cave, the Road, the Table and the Fire

Leading from a deeper place

**KARL MARTIN**



**Kilfinan**  
Press

“This book will change you, IF you let it! Karl is a disruptor. His concepts will challenge you, stories will move you and models will guide you, IF you let them! Your work and your personal life will be expanded and enhanced, IF you let them be!”

– Jack Hollis, EVP of Toyota North America and President of Toyota USA

There is a crisis of leadership in our world. And when leaders don't lead well, everyone in their sphere of influence suffers the consequences (including themselves). Teams who could be collaborating toward their greatest achievements are burning out. Individuals who could be living into their fullest selves are putting on masks and an array of defences to navigate the shrapnel of their vocational lives.

All organizations seek growth, but very few sustain it, because they go about it the wrong way. Growth comes from health, not the other way around. The trickle down is this: healthy leaders lead to healthy cultures which lead to thriving teams which lead to organizational growth. Done well, it's not a trickle at all, but bonafide rushing water that cannot be stopped.

Healthy leaders lead from a deeper place – a place that is True, Brave, Kind and Curious; a place nearly un navigated in this fast-paced and distracted day – the soul.

Karl Martin invites you to lean into Soul Leadership by entering four distinct spaces, which you can find daily. The Cave, where you start your day in the quest of the True; the Road, where you commit to purpose through the way of the Brave; the Table where you gather people and facilitate the art of the Kind; and end your day by the Fire, processing your day in pursuit of the Curious. When you understand that the work is not the project, but *you* are the project, then you can commit to this daily rhythm in a way that will transform your organization – starting with you.

With practical ideas for living with integrity while transforming into your most intentional leadership self, Karl amuses as much as he delivers with the sharpness of a straight shooter, incisively naming the truths we all need to hear if we are to live in a way that is truly life-giving, for ourselves and others.

## Author

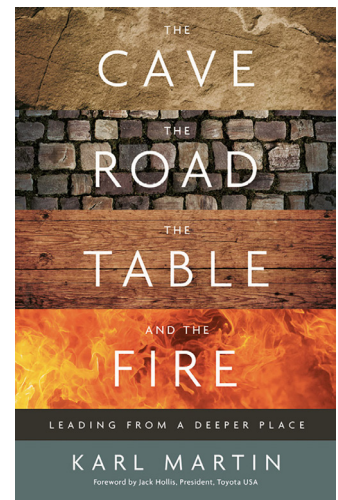
**Karl Martin** is the Founder and CEO of Arable, a Leadership house that coaches top-tier leaders, specializing in cultural health. He has 25 years of experience in leading teams to new levels of growth and coaching individuals to break through personal obstacles. He is passionate about growing healthy people and developing thriving organisations, dividing his time between his home in Scotland and the U.S. He is married to Niki and they have four grown daughters.

## Key Selling Points

- Ancient and fresh wisdom researched and contextualized for modern times
- Presented in a digestible, memorable framework with actionable ideas and space for notes
- No recycling of surface-level leadership tropes – this book goes levels deeper
- Includes many models, hand-drawn diagrams and prompts for maximum engagement
- Conversational writing; a wise mentor simplifying complex ideas
- Personal and historical experiences of leading and leadership coaching inform the writing
- Endorsed by Linda Yaccarino (CEO of X) and Jack Hollis (EVP, Toyota North America)

## Readership

- Executives, emerging leaders, and all aspiring leaders (corporate, non-profit, political spaces)
- Entrepreneurs working to clarify their vision and grow in a healthy way
- All students of leadership



**Publication date:** 17 November 2023

**Format:** HB, 216mm x 138mm, 256pp

**Price:** £25

**Category:** Business & Management, Self-help, personal development and practical advice, Management: leadership and motivation, Corporate governance  
**BIC Codes:** VSC, KJMB, KJP, KJG  
**BISAC:** SELF-HELP / Affirmations, BUSINESS & ECONOMICS / Leadership, BUSINESS & ECONOMICS / Mentoring & Coaching, SELF-HELP / Motivational & Inspirational, SELF-HELP / Personal Growth / Success, BUSINESS & ECONOMICS / Corporate Governance, BUSINESS & ECONOMICS / Development / Business Development

**Rights:** World

**ISBN:** 978-1-910012-87-1

## Trade Orders:

Booksource, 50 Cambuslang Road,  
Cambuslang, Glasgow, G32 8NB  
Tel: 0845 370 0067  
(International +44 141 642 9192)  
Fax: 0845 370 0068  
(International +44 141 642 9182)  
orders@booksource.net

## Individual orders:

Kilfinan Press  
Mull | Central Hall  
2 West Tollcross  
Edinburgh  
EH3 9BP  
Scotland  
orders@kilfinanpress.com

## Contact:

books@kilfinanpress.com

## Website:

www.kilfinanpress.com



**Kilfinan**  
Press