

Dr. Gye Johnson's STRIVE to HEAL™ Becomes #1 Amazon Bestseller, Redefining Leadership in the Age of Burnout

STRIVE TO HEAL

HOW LEADERS RECOVER FROM
BREAKDOWN TO BREAKTHROUGH



*"Dr. Johnson offers a compelling roadmap to authentic
leadership in a rapidly evolving world"*

Sheronda Y. Dorsey, Former Associate Director for Central Intelligence Agency

DR. GYE JOHNSON

Washington, D.C, District of Columbia Aug 25, 2025 ([Issuewire.com](https://www.issuewire.com)) - Dr. Gye Johnson, a globally recognized leadership expert and retired CIA executive, has officially become an Amazon #1 Bestseller with his groundbreaking new book, STRIVE to HEAL™: How Leaders Recover from Breakdown to Breakthrough.

In today's fast-paced world where burnout and toxic work cultures are at an all-time high, STRIVE to HEAL offers leaders a bold, people-first approach to transformation. Through the story of Buck—a mid-level leader on the verge of collapse—Dr. Johnson reveals how courage, authenticity, and deep inner work are the keys to lasting organizational change.

By weaving practical tools, research-backed insights, and a relatable leadership fable, Dr. Johnson provides readers with a roadmap to recover from breakdowns and move toward breakthroughs.

“Too often, leaders focus on systems and metrics while neglecting the human cost,” says Dr. Johnson. “STRIVE to HEAL empowers leaders to start with themselves—because real cultural transformation begins within.”

With decades of experience advising federal agencies, Fortune 500 companies, foreign governments, and local municipalities, Dr. Johnson is reshaping the leadership landscape. His STRIVE to HEAL™ framework is already inspiring leaders across industries to stop performing leadership and start embodying it.

STRIVE to HEAL: How Leaders Recover from Breakdown to Breakthrough is available now on Amazon: <https://www.amazon.com/dp/B0FHJ25P2J/>

About the Author

Dr. Gye Johnson is a globally recognized expert in organizational leadership. He is a highly sought-after keynote speaker, executive coach, and strategic facilitator. A retired CIA executive, he has advised federal agencies, foreign governments, Fortune 500 companies, and local municipalities. As founder of the STRIVE to HEAL™ framework, Dr. Johnson equips leaders to recover from breakdowns and lead with wisdom, courage, and humanity.



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Source : Dr. Gye Johnson

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