

FOR IMMEDIATE RELEASE

Contact: Lindsay Gordon

212/782-9077

lgordon@randomhouse.com

*Are you zapped? Drained? Thoroughly fatigued?
Internationally recognized efficiency and productivity expert
Laura Stack offers the perfect solution.*

THE EXHAUSTION CURE

Up Your Energy from Low to Go in 21 days

By Laura Stack, MBA, CSP

*(author of *Leave the Office Earlier* and *Find More Time*)*

“Anyone who feels more like a pinball bouncing from one task to the next than a human being will appreciate the soothing effects of using Stack’s guide.”

—Forbes.com

“Stack’s distinctive approach, accessible style, and clear organization should make this as successful as her previous works.”

—Library Journal

Let’s face it, lack of energy is a major issue in millions of peoples’ lives. The National Sleep Foundation reports that 28% of Americans have made errors at work or have missed work, events, or activities because they are too exhausted. We’re burning ourselves out on too much work, too many activities, too little support, and unhealthy environments, all of which deplete our already dangerously low energy reserves. We go through the day fuzzy-headed and lethargic, wishing naptime could be integrated into the professional world.

Luckily, help is on the way! In **THE EXHAUSTION CURE: *Up Your Energy from Low to Go in 21 Days*** (Broadway Books; May 13, 2008; Trade Paperback; \$13.95), Laura Stack, The Productivity Pro®, offers a holistic approach to increasing your get-up-and-go and provides invaluable insights and practical advice that enable you to take control of your life and stop sleep walking through the day!

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For anyone who feels energy-deprived, **THE EXHAUSTION CURE** is the perfect solution, designed specifically to help increase personal energy levels, which determine your capacity to put forth productive effort. Through fun, interactive quizzes and simple exercises, you will learn to take better care of your body and mind by making simple changes to your behaviors and surroundings. Offering a 21-day, step-by-step plan, **THE EXHAUSTION CURE** shows how to avoid “energy bandits”—factors that contribute to low energy—and how to build up or renew “energy boosters”—sources of positive force—so you are able to do everything you plan for each day and still have zeal to spare! In just three weeks you will begin to:

- Stop relying on caffeine, cigarettes, alcohol and other substances to keep you going
- Manage your workload and concentrate on the task at hand
- Avoid letting negative situations or people control your thoughts and actions
- Organize your efforts and productivity around deeply held values and goals

THE EXHAUSTION CURE offers everyone—from overtired professionals to listless retirees—sure-fire, easy-to-implement solutions. With Laura’s comprehensive plan you will become more productive and start living in a way that boosts your energy.

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About the Author

Laura Stack, MBA, CSP, is an internationally recognized productivity expert and author of *Leave the Office Earlier* and *Find More Time*. As president of The Productivity Pro®, Inc., she gives over 100 seminars and keynote speeches a year on time management, work/life balance, reducing stress, and getting organized. For more information about Laura please visit her website at www.theproductivitypro.com.

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Broadway Books
On-Sale May 13, 2008
Trade Paperback Original/ \$13.95
ISBN 978-0-7679-2751-2
www.theproductivitypro.com
www.broadwaybooks.com