

January 2008

“Laura Stack provides a ton of practical techniques for keeping energy up in our time starved era. I love this book because it is easy to reference, and fun to read!”

–Vince Poscente, *New York Times* bestselling author of *The Age of Speed*.

“If you're feeling tired, overwhelmed and ready for change, *The Exhaustion Cure* is packed with realistic strategies for taking better care of your most important asset: you. It is a book you will refer to again and again in your journey to a more energetic life.”

–Valorie Burton, Author of *What's Really Holding You Back?*, *Why Not You?* and *How Did I Get So Busy?*

Dear Gary;

Does the mere thought of embarking on a program to get more energy leave you completely exhausted? Then you are not alone. Let's face it, lack of energy is a major issue in millions of peoples' lives. We're burning out on excess 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 initiated into the professional world.

Luckily, help is on the way from the efficiency and productivity expert whose previous books showed readers how to *Find More Time* and *Leave the Office Earlier*. In **THE EXHAUSTION CURE: Up Your Energy from Low to Go in 21 Days (Broadway Books; On Sale May 13, 2008; Trade Paperback; \$13.95)** Laura Stack, The Productivity Pro®, offers a holistic approach to increasing one's “get-up-and-go” and provides invaluable insights and practical advice that enable readers to take control of their lives and stop sleep walking through the day!

For anyone who feels energy-deprived, **THE EXHAUSTION CURE** is the perfect solution, designed specifically to help anyone increase their personal energy levels, which determine their capacity to put forth productive effort. Through fun, interactive quizzes and simple exercises, readers learn to take better care of their bodies and make simple changes to their behaviors and surroundings. Offering a 21-day, step-by-step plan, **THE EXHAUSTION CURE** shows readers 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 they are able to do everything they plan for each day and still have zeal to spare! In just three weeks readers will begin to:

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

I hope you'll keep Laura Stack and **THE EXHAUSTION CURE** in mind as you plan your May schedules. Please don't hesitate to contact me for further information and should you be interested in speaking with Laura, I'd be delighted to put you in touch.

Warm Regards,

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