

An Inspiring Approach To Business Success: *From The Yoga Mat To The Corner Office*

Chicago, IL, December 8, 2014 - It may seem counterintuitive, but high-pressure, hard-driving tactics don't necessarily produce highly successful careers. Yvonne James Furth and Molly Rudberg-Leshnock take a fresh look at the most effective strategies for professional and personal success in *From the Yoga Mat to the Corner Office: A Mindful Approach to Business Success* (Highpoint Executive Publishing).

We live in an extremely fast-paced, technological world that is constantly spinning us in new directions, forcing us to double down on commitment, intensity, and the stress that comes with it. It doesn't have to be that way. *From the Yoga Mat to the Corner Office* illuminates a far more successful approach to business -- one of mindfulness, flexibility, grace, focus, and a balancing of mind/body/spirit health. Whether the reader is a seasoned yogi or someone who has just picked up the book, *From the Yoga Mat to the Corner Office* is packed with useful wisdom, strategies and daily practices for achieving more prosperity, flexibility and joy along the road to a fulfilling career.

Authors Furth and Rudberg-Leshnock offer a new way to create and sustain business culture and communication. Drawing on extensive research and an exclusive survey of successful business executives, they offer their own wisdom along with valuable perspectives from successful leaders in cutting edge, global organizations such as WalMart, Google, Facebook, Kohler, and more.

Furth, a former top executive in advertising, has personal experience applying yoga concepts in a stressful and demanding large corporate environment. Rudberg-Leshnock experiences similar needs in start up and growth stage companies daily. They agree - no matter the size or industry of a business, we need to encourage leaders, executives, decision makers and entrepreneurs to look at their current culture to see if it's inspiring (and motivating) their employees to produce their best work.

When readers clear the space needed to live a more mindful, centered professional and personal life, they can be at the forefront of smarter, healthier, more efficient organizations. This book provides a mindful approach to achieve business success without paying the price with our sanity, ourselves, or our souls. *From the Yoga Mat to the Corner Office* is for every professional seeking to achieve more prosperity, flexibility and joy.

Yvonne James Furth is the former President and CEO of Draft Worldwide, now FCB Global, one of the largest global advertising agency networks. She is currently Executive Vice President of the Board of Directors of The Off The Street Club, Chicago's oldest boys and girls organization. Furth received her Bachelor of Science

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Molly Rudberg-Leshnock is a leading edge life coach, organizational alchemist and leadership innovator. She is owner of Molly Rudberg, LLC and on the Advisory Council for GirlUp, a United Nations Organization. Rudberg-Leshnock received her Bachelor of Arts degree in Communication Studies from the University of Iowa and a Master's Degree in Managerial Communication from Northwestern University; she is currently an Affiliate with Accomplishment Coaching.

For more information, please visit: yogamattocorneroffice.com

*From the Yoga Mat to the Corner Office:
A Mindful Approach to Business Success*

Highpoint Executive Publishing

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