

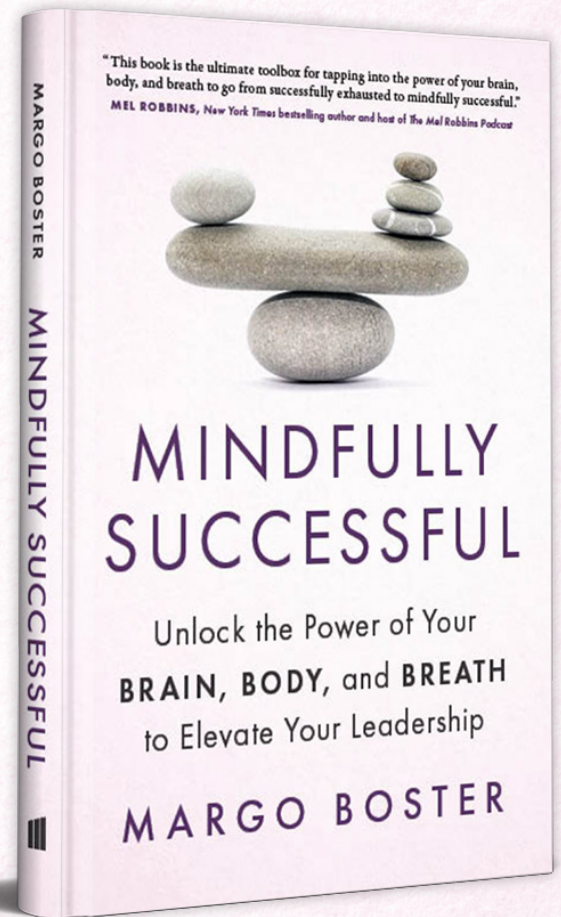
“This book is the ultimate toolbox for tapping into the power of your brain, body, and breath to go from successfully exhausted to mindfully successful.”

MEL ROBBINS, *New York Times* bestselling author and host of *The Mel Robbins Podcast*

From executive coach and yoga teacher Margo Boster comes a powerful new guide to using the power of your brain, body, and breath to enhance your leadership from the inside out

As an executive or senior leader, do you:

- Tend to overthink or struggle with self-doubt?
- Constantly battle unproductive behavior?
- Feel exhausted and depleted despite achieving and maintaining success?



January 21, 2025

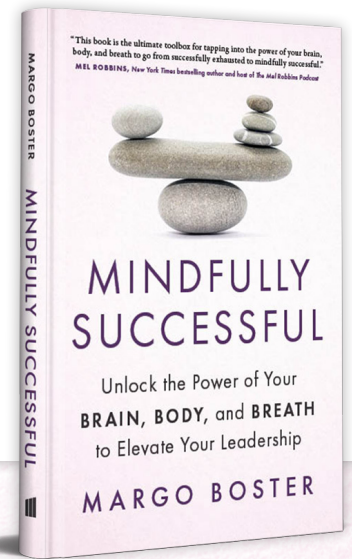
\$24.95 / \$33.95 CAN / Hardcover

ISBN: 979-8-89138-367-8

Drawing from decades of research on cutting-edge neuroscience, Margo’s experience as a tech executive, and deep study of yoga and mindfulness practices, the wisdom in this book offers solid, practical ways to get off the high-speed leadership treadmill that can impair relationships and leave you feeling physically, mentally, and emotionally spent.

With this book, anyone with a desire to be mindfully successful can use these strategies to:

- Move through life and work with greater ease, confidence, and authenticity
- Develop resilience to anxiety triggers
- Reduce stress, increase calm, and improve physical and mental health
- Regain rest, increase energy, and think more clearly



ABOUT THE AUTHOR

MARGO BOSTER, Master Certified Coach (MCC), is an executive and leadership coach and yoga teacher with more than twenty-five years of rich experience in diverse senior leadership roles in information technology across private sector companies and governmental organizations. She has spent the last fifteen years as an executive and leadership coach, supporting leaders, including CEOs, US military generals, and other senior executives, to reach their peak potential.

Drawing on extensive studies of psychology, anatomy, philosophy, neuropsychology, and adult development, Margo has crafted a coaching philosophy that integrates the latest insights from these fields with her decades of leadership experience. Her approach is enriched by over three hundred hours of training as a certified yoga teacher, blending the wisdom of the mind-body connection with modern leadership principles.

Available everywhere books are sold.

Distributed by Amplify Publishing and Ingram.

Margo Boster is available for interviews, features, book events, speaking engagements, and appearances.

January 21, 2025

\$24.95 / \$33.95 CAN / Hardcover

ISBN: 979-8-89138-367-8

For press inquiries, please contact Kristin Perry at kristin@amplifypublishing.com.

For bulk purchase inquiries, please contact Joseph Klammer at joseph@amplifypublishing.com.