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FOR IMMEDIATE RELEASE

Leading Lightly Hits The Wall Street Journal Best Seller List

July 7th, 2022 (Austin, TX): *Leading Lightly* (Greenleaf Book Group Press) by Jody Michael debuted as #9 on the Wall Street Journal hardcover Nonfiction bestseller list this week. In *Leading Lightly*, Jody Michael brings together 20+ years of her research and work as a psychotherapist, Master Certified Coach, and leadership expert to provide you with a practical, measurable, and proven process for developing your mental fitness.

This book is for anyone who finds themselves overloaded, frustrated, anxious, or exhausted by their life circumstances. It offers more than just tactical strategies for sustained optimal performance at work, but transcends that, helping you develop a conscious approach to all the facets of your life, so you're able to leverage the choices you have each day and take action that puts you in control of your experience. *Leading Lightly* shows you how to shift your mindset, live lighter, and optimize your effectiveness. Part leadership, part mental fitness, part health and wellness guide, this book empowers you to work at your best and operate at your fullest potential.

Jody Michael is CEO of Jody Michael Associates, a premier coaching company specializing in executive coaching, leadership development, and career coaching. Jody has coached some of the nation's top performing leaders and teams across diverse industries and organizations, from hypergrowth tech companies to global Fortune 100 organizations. She's a renowned keynote speaker, author, and thought leader in her field who has been featured in the Wall Street Journal, New York Times, Forbes, Oprah Magazine, Huffington Post, Crain's Chicago, and more.

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For more information or to schedule an interview with CEO Tanya Hall, contact Kesley Smith at ksmith@greenleafbookgroup.com or 512-891-6100.