

For Immediate Release...

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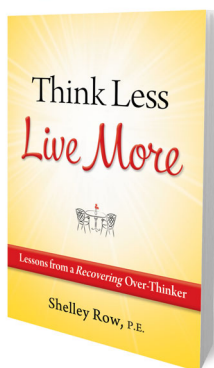


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Just Released and Award-Winning Finalist in the “Self-Help: General” Category of the 2015 International Book Awards from More Than 1200 Entrants.



### *Think Less, Live More. Lessons from a Recovering Over-Thinker*



For chronic over-thinkers, *Think Less, Live More. Lessons from a Recovering Over-Thinker* is a “must read.” With wit, stories and a bit of neuroscience, the book shares tips from an executive, engineer and recovering over-thinker on how to live and work with meaning by thinking less. In eight chapters discover the essential role feelings play in creating a more fulfilling life and rewarding career. Built-in exercises allow you to put the tips to work immediately.

Success, whether professional or personal, comes from balancing thinking and feeling. Professionally, you can't *think* your way to the top. Personally, the things you *think* will make you happy won't.

When you learn to use both thinking and feeling, choices are simpler, goals become clearer, and the internal roadblocks to achieve your dreams are lowered. Don't over-think it — start reading now!

#### **Author:**

Shelley Row, P.E. is a speaker, author and coach working with managers and leaders in data-driven fields who must make fast, insightful decisions using their *infotuition*<sup>®</sup> - the intersection of business pragmatics and gut feel. Her interviews with 77 respected leaders combined with neuroscience reveal the essential role intuition plays. Shelley is an experienced, executive leader and engineer with a distinguished 30-year career.

#### **International Book Awards:**

**USA Book News** announces the winners and finalists of The 2015 International Book Awards (IBA). Over 300 winners and finalists were announced in over 80 categories. Awards were presented for titles published in 2013, 2014 and 2015.

#### **Ordering Information:**

The book is available in paperback at Amazon and Barnes & Noble. It is also available in Kindle format at Amazon. The e-book (\$4.99) includes all the exercises as well. All are available online at the “book” section of Amazon.com or Barnesandnoble.com.

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