

CSOTM

C-SUITE QUARTERLY

BUSINESS

LUXURY

LIFESTYLE



**A BETTER YOU
THE EXPERTS WEIGH IN**

Tommy Lasorda

**ON MOTIVATING AND INSPIRING
TEAMS TO SUCCEED**

**TOP 6
UPTOWN
COUNTRY
CLUBS**

**ESCAPE TO
ST. BARTH**



WINTER 2009/10 - \$5.95



**WARREN
BUFFETT**
THE SAGE
IDENTIFIES
WHAT COUNTS
IN YOUR
BUSINESS



**CAL
JOHNSTON**
RENOWNED
BUSINESS MAN
AND DEVELOPER
DEDICATED TO
GIVING BACK

FROM HIDDEN VALLEY TO HIDDEN HILLS AND OVER TO MALIBU

THE INNER GAME OF STRESS

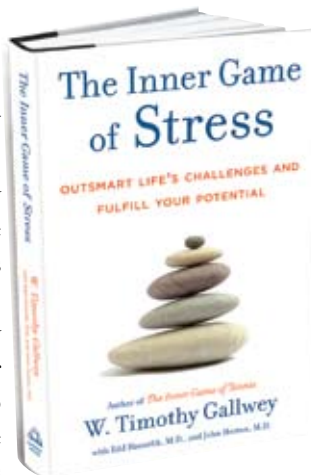
Outsmart Life's Challenges and Fulfill Your Potential

Written by W. Timothy Gallwey, Edd Hanzelik M.D. and John Horton M.D.

The latest offering by executive coaching guru Tim Gallwey doesn't aim at improving our game in the boardroom, on the course or even on the court. The Inner Game of Stress takes aim at the most critical game of all—our health and well being.

Founder of the executive coaching movement (methodology he developed for sports, then adapted to excellence in business), for 3 decades Gallwey has been applying his Inner Game approach to the corporate world for clients including AT&T, IBM, and Apple Computer. To write Inner Game of Stress he teamed with two MDs who'd been seeing significant improvement from patients they'd been coaching. Rather than improving performance in sports or sales, their new book offers simple and effective tools to help improve our health.

Horton and Hanzelik (general practitioners with a travel medicine sub-specialty and an impressive client list including Amgen) also have their fingers on the pulse of stressed-out executives. While Gallwey consulted with CEOs, Edd Hanzelik and John Horton grew a thriving medical practice in Westlake Village. In 1992 they started conducting workshops in response to staggering numbers of patients suffering from chronic stress-related problems. The workshops produced results; people got better. The authors bring an impressive body of experience and a proven track record to their book. Gallwey is a Harvard graduate. Besides being



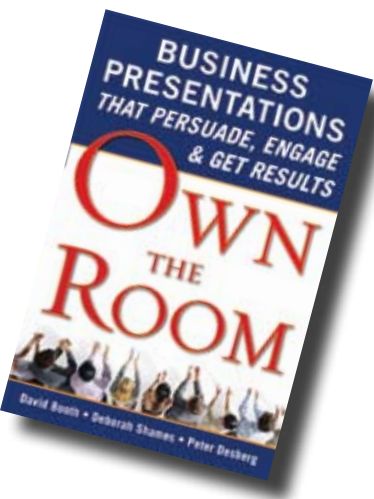
a prominent sports psychologist and Best Selling Author, he served as an officer in the US Navy. Hanzelik is a Board Certified Internist educated at Columbia and Albert Einstein School of Medicine. During the 1970s he worked in the rural South with the CDC. Horton studied at Dartmouth, Columbia and Duke School of Medicine. As an undergraduate he spent time in India and worked for Flying Doctors of Africa.

The Inner Game of Stress is the culmination of their 20-year practice employing an integrative, patient-centered approach before these were buzz words in medicine.

Teaming with Gallwey was a perfect fit for coaching patients away from the toxic effects of chronic stress.

The Inner Game of Stress is straightforward, thoughtfully illustrated and fun to read. Part One explains the Game of Stress, helping us identify our personal stressors. Part Two covers the basics of Outsmarting Stress, offering exercises to help us become the CEO of our lives. Part Three offers eight stress-busting tools that readers can adapt to be healthier and feel better. It's the sort of book you'll pass on to friends and VPs in your organization. Applying these proven principles results in overcoming obstacles at work and improving health and family relationships. - *Jacquie Van Wagner*

Learn more about the book, read blog postings and more at www.innergameofstress.com



OWN THE ROOM

BUSINESS PRESENTATIONS THAT PERSUADE, ENGAGE AND GET RESULTS

Written by David Booth, Deborah Shames, Peter Desberg

We've all sat through enough painfully boring or poorly executed speeches to know that only dynamic presentations stay with us and influence our business decisions. These days, no one can afford to blow an opportunity to leave a lasting professional impression by relying on the old, traditional speaking paradigm.

In their new book, *Own The Room: Business Presentations That Persuade, Engage And Get Results* (McGraw Hill/September 2009), creators of the Eloqui Presentation and Communication Training program David Booth and Deborah Shames, along with clinical psychologist Peter Desberg, combine their film, TV and theater background with their experience as corporate consultants to guide readers through a revolutionary approach to delivering memorable presentations. Although it contains extensive research and guidance on conquering stage fright, *Own The Room* goes beyond the run-of-the-mill "face your fear of speaking"

comes that extol the same, tired presentation advice.

Instead, *Own The Room* boils presentations down to key elements that other speaking guides have missed, including intention, how to move in a space, the best use of PowerPoint and a template for telling compelling client anecdotes.

"As a professional speaker with 32 years of presentations under my belt, I didn't expect to discover many new ideas. I was wrong! This book is filled with value. I've delivered more than 2,700 paid professional speeches and yet I took notes on every chapter and gained a new understanding of my craft." -Jim Cathcart, CSP, CPAE
President of the National Speakers Association & cofounder of The Professional Speaking Institute.

For more information and/or to purchase *Own the Room*, please visit www.owntheroombook.com.