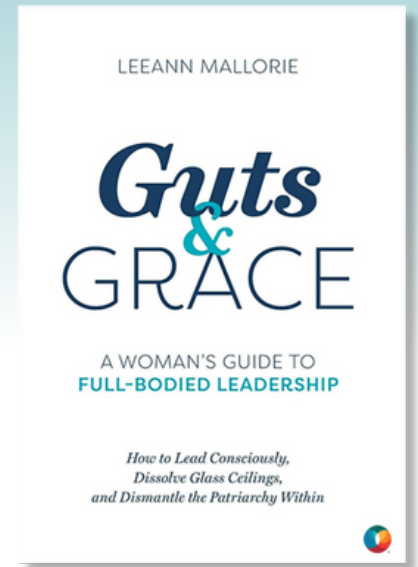


Guts & GRACE

A WOMAN'S GUIDE TO FULL-BODIED LEADERSHIP

How can it be that companies' best efforts to advance women in the workplace are still falling short? In *Guts and Grace*, LeeAnn Mallorie addresses common themes that women leaders at all levels still grapple with today: confidence, executive presence, balance, joy, intuition, saying no, purpose, conflict avoidance, and more. She reveals the thirteen pervasive societal myths that can make these desires feel impossible to achieve, and then teaches concrete, embodied practices that bring each theme to life. Her playful weaving of these modern and ancient teachings will take you on a journey of unexpected and necessary evolution—one that is required for any woman who is committed to making a bigger impact without losing herself or her critical stakeholders along the way. *Guts and Grace* is your roadmap on how to step out of internalized, patriarchal programming—from the inside out—and finally bring your whole self to work.



"*Guts and Grace* is a brave, bold invitation into a new paradigm for women's leadership—one that values wholeness, the wisdom of the body, deep listening, reflection, and authentic action. Each chapter contains simple, yet powerful, daily practices designed to deepen the important work of connecting with our innermost truth."

— Eileen Fisher, founder and co-CEO of EILEEN FISHER, Inc.

"*Guts and Grace* is for women leaders who aren't just about winning the rat race but determined to change the game. LeeAnn Mallorie offers a roadmap to authentic, innovative, purpose-driven leadership that will help organizations become great places to work for all."

— Michael C. Bush, CEO of Great Place to Work

"The journey of leadership isn't just about getting things done—it's about how you treat yourself and everyone else in the process. In *Guts and Grace*, LeeAnn Mallorie lays out how to be a successful leader with raw power and drive as well as genuine self-acceptance and resilience. For you, your team, and everyone you impact."

— Sheryl O'Laughlin, former CEO of REBBL and Clif Bar & Company



LeeAnn Mallorie, MA, MAPP, began her career as an executive coach in 2006, working with leaders and teams from around the globe. Yet she soon found something was missing—the body. This led her on a personal journey of physical, mental, and spiritual healing that took her into the depths of her soul and the heights of her consciousness. Committed to the belief that transforming business is the keystone to solving many of our world's stickiest problems, she brought each of these lessons back to her clients in the corporate sector. As the founder and CEO of Leading in Motion, LeeAnn has now spent over a decade helping leaders face bottom-line challenges while combating both meaning-depletion and burnout. She does this by using practical embodiment tools to bridge the gap between the hard-driving logical mind and the deeper wisdom of the soul. Her leadership curriculum offers a concrete, actionable doorway to greater power, resilience, influence, ethics, and impact at work.

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CONTACT:
Nanda Dyssou, Publicist
nanda@corioliscompany.com
(424)-226-6148