

Walled Lake, Michigan, October 15, 2011 – **Dr. David Chinsky**, executive coach, leadership trainer and author, has released a second book on his ground-breaking model of Leadership Fitness. Published by the Institute for Leadership Fitness, *The Fit Leader's Companion: A Down-to-Earth Guide for Sustainable Leadership Success* is a compelling and powerful guide for leaders seeking balanced lives marked by personal health and sustained contribution. For over a decade, more than 1,000 leaders have field-tested and refined the Leadership Fitness model that serves as the foundation for the practical tips offered throughout this book.

Many leaders deliver excellent results during their careers. But how can they make their contribution sustainable, foster it in others – and not burn out? This highly acclaimed guide introduces and offers mastery of **the four faces of leadership fitness**:

- **Clarity:** how to set a clear direction and articulate a compelling vision that encourages people to take action and remain focused.
- **Confidence:** strategies to quiet harmful inner voices and effectively push ahead with conviction and self-assurance.
- **Effectiveness:** a host of execution and implementation skills necessary to give life to any bold vision.
- **Vitality:** tools for building energy, stamina and endurance to remain engaged for the long haul.

Drawing on 30 years of leadership experience, mentoring and coaching, *The Fit Leader's Companion* skillfully uses real-world examples to bring each aspect of the Leadership Fitness Model to life.

Filled with practical exercises and highly memorable tools, it stands out as a guide that leaders will return to again and again to make their professional and personal lives more vibrant, sustainable and fulfilling.

David Chinsky brings over 25 years of executive leadership and management experience to his role as a sought-after business advisor and executive coach. Drawing upon his own successful career as an accomplished and effective leader in the healthcare, automotive and information technology industries, Dr. Chinsky has mentored over 1,000 leaders and brings his unique insights into leadership, change management and teamwork to senior leaders and their organizations.

The Institute for Leadership Fitness (formerly David Chinsky & Associates) was founded in 2002 for leaders seeking the clarity, confidence, effectiveness and vitality necessary for achieving their highest level of professional effectiveness and leadership fitness.

For more information on David Chinsky and to order your copy of *The Fit Leader's Companion*, contact the Institute for Leadership Fitness at 1-866-960-LEAD or www.instituteforleadershipfitness.com.

The Fit Leader's Companion: A Down-to-Earth Guide for Sustainable Leadership Success is also available on Amazon.com in hard-copy and Kindle formats.

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