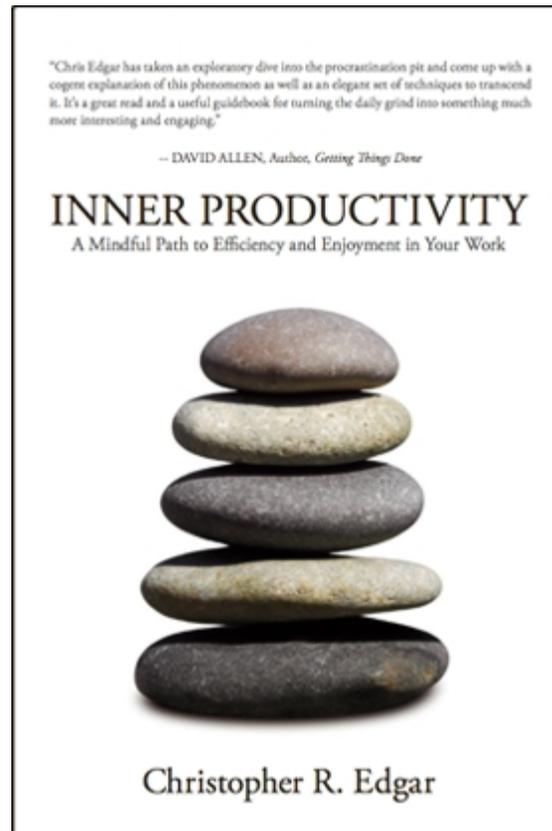


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Christopher R. Edgar

Author, *Inner Productivity: A Mindful Path to Efficiency and Enjoyment in Your Work*

Media Kit

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Press Release

Palo Alto, California—September 14, 2009—Author, speaker and personal coach Christopher R. Edgar has announced the release of his new book, *Inner Productivity: A Mindful Approach to Efficiency and Enjoyment in Your Work*, which *Getting Things Done* author David Allen has called “a great read and a useful guidebook for turning the daily grind into something much more interesting and engaging.”

In this productivity-savvy age, it seems like everyone knows several ways to make to-do lists, organize their e-mail inboxes, hold shorter meetings, and so on. However, despite all the organization and time management techniques out there, it appears many people still aren't meeting their productivity goals. Notably, 95% of the people surveyed in a 2007 University of Calgary study reported that they regularly struggle with procrastination.

“Most productivity advice,” said Edgar, “doesn't deal with the biggest obstacle we face in our work: our own minds, and how we tend to lose focus and motivation. *Inner Productivity* fills this gap by helping readers develop the mental discipline they need to get the most out of their work.”

The techniques offered in the book range from meditations and visualizations to help readers hold their attention on their projects, to forms of conscious breathing to help them reconnect with their passion for what they do and overcome fears and limiting beliefs. The book's ideas and exercises help readers:

- Enter a “flow” state of effortless attention and efficiency
- Quiet stray thoughts and feelings that tend to disrupt their focus
- Stay connected with their passion and motivation in their work
- Transcend fears and limiting beliefs that hold them back from performing at their best
- Stimulate their creativity when they're feeling uninspired or mentally blank

Christopher R. Edgar is an author, speaker and personal coach who specializes in helping professionals transition to careers aligned with their true callings, and find more satisfaction and productivity in what they do. Find out more about the book and Chris's work at www.InnerProductivity.com.

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Christopher R. Edgar Bio

Chris Edgar is an author, speaker and personal coach who focuses on helping people follow their true callings in their careers, and find more enjoyment and efficiency in what they do. His articles have appeared in the print magazines *Balance*, *Balanced Living*, *EdgeLife*, *LivingNow*, *New Age Journal*, *New Renaissance*, *Self-Improvement*, *WellBeing* and *Wisdom*. Chris has appeared on numerous radio shows, including *Inside Personal Growth*, *Seeing Beyond*, *The Cranky Middle Manager Show*, and *Good Business*.



Chris is the author of *Inner Productivity: A Mindful Path to Efficiency and Enjoyment in Your Work*, the *Career Satisfaction From Within* Audio Course, and the acclaimed blog *Work Consciously* (www.WorkConsciously.com).

Once a Stanford-trained corporate lawyer, Chris initially took up mindfulness practices like meditation, yoga and qi gong to reduce the stress he experienced in his job. He quickly found some relief—he became able to easily let go of the tensions of his day when he got home and get a good night’s sleep.

More importantly, after a few months of this routine, Chris started noticing something else: the way he was experiencing his work was changing. In situations at his job that used to be stressful and anxiety-provoking, he found himself centered and calm. He started getting more done in less time, feeling less distracted, and even finding joy in seemingly mundane tasks.

After a few years of keeping up his yoga and meditation practices, he had another realization. In the beginning, he’d thought of his practices as things he could only do at home, on his own time. But in fact, as Chris began to see, there actually *were* forms of movement, breathing and visualization he could use in real time, as he sat at his desk. With these techniques, he realized, he could instantly reduce his stress, enter a state of effortless attention, and reconnect with his sense of purpose in what he did.

One morning, Chris awoke and recognized he had a gift to offer the world. He could help others find the peace and focus in their work that he’d discovered, and help create a world with less stress and more joy, by teaching people to incorporate spiritual practices into their working lives. With this goal in mind, he completed trainings in coaching and course leading, and left his law firm to become an author, speaker and personal coach.

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Inner Productivity Fact Sheet

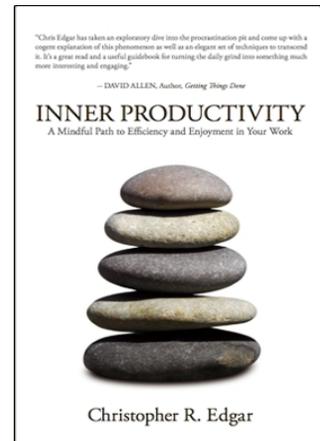
Title: *Inner Productivity: A Mindful Path to Efficiency and Enjoyment in Your Work*

Length: 191 pages

Publication Date: September 14, 2009

ISBN: 978-0-615-30496-0

In this productivity-savvy age, it seems like everyone knows several ways to make to-do lists, organize their e-mail inboxes, hold shorter meetings, and so on. However, despite all the techniques out there, it appears many people still aren't meeting their productivity goals. Notably, 95% of the people surveyed in a 2007 University of Calgary study reported that they regularly struggle with procrastination.



In coaching people in getting more done and staying motivated in their work, author, speaker and personal coach Chris Edgar has come to believe this is because most advice doesn't address the biggest obstacle we face in our working lives: *our own minds*. For example, perhaps our attention gets scattered as we're working; we feel uninspired by our work; or we get distracted by the nagging anxiety that others will criticize our project.

Inner Productivity helps readers develop the mental discipline they need to get the most out of their work. The techniques offered in the book range from meditations and visualizations to help readers hold their attention on their projects, to forms of conscious breathing to help them reconnect with their passion for what they do and overcome fears and limiting beliefs. The book's ideas and exercises help readers:

- Enter a "flow" state of effortless attention and efficiency
- Quiet stray thoughts and feelings that tend to disrupt their focus
- Stay connected with their passion and motivation in their work
- Transcend fears and limiting beliefs that hold them back from performing at their best; and
- Stimulate their creativity when they're feeling uninspired or mentally blank

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What Others Have Said

“Chris Edgar has taken an exploratory dive into the procrastination pit and come up with a cogent explanation of this phenomenon as well as an elegant set of techniques to transcend it. It’s a great read and a useful guidebook for turning the daily grind into something much more interesting and engaging.”

– DAVID ALLEN, bestselling author of *Getting Things Done: The Art of Stress-Free Productivity*

“*Inner Productivity* will show you how to clear your inner clutter and create a pathway to success!”

– MARSHALL GOLDSMITH, bestselling author of *What Got You Here Won’t Get You There*

“Real productivity doesn’t come from forced behaviors. *Inner Productivity* can help you connect with the inner state of being that can empower you to act in new ways, choose new perspectives and have a different experience. There is no greater productivity than connecting with your true self.”

– TAMA J. KIEVES, bestselling author of *THIS TIME I DANCE!: Creating the Work You Love (How One Harvard Lawyer Left It All to Have It All)*

“*Inner Productivity* is packed with practical examples of how to achieve greater results and peace of mind at work.”

– LAURA STACK, bestselling author of *Leave the Office Earlier: The Productivity Pro Shows You How to Do More in Less Time . . . and Feel Great About It*

“A wonderful guide for organizing both your physical and your head space.”

– PETER WALSH, bestselling author of *Enough Already!: Clearing Mental Clutter to Become the Best You*

“If you have tried many time management and productivity books, and they haven’t worked for you; or if, like me, you find their ‘beat yourself up’ approach repellent, then I think this is the book for you.”

— EVAN HADKINS, author of *Living Authentically*

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Sample Media

Video

[View excerpts from Chris's "Transcending Procrastination" Talk](#)

Radio Interviews

[Creating the Life You Love to Live](#) with Bevin Lynch, June 2010

[Welcome Changes Radio](#) with Velma Gallant, June 2010

[Good Vibrations Radio](#) with Solarzar & Kyralani, May 2010

[StrategyDriven Podcast](#) with Nathan Ives, January 2010

[The Cranky Middle Manager Show](#) with Wayne Turmel, November 2009

[Seeing Beyond](#) with Bonnie Coleen, June 2009

Book Reviews

["Inner Productivity by Chris Edgar,"](#) by Bob Walsh, author of *The Web Startup Success Guide*

["Review of Inner Productivity,"](#) by Chrissy Scivicque of OfficeArrow.com

["How to Be Productive and Still Be Kind to Yourself,"](#) by Evan Hadkins, author of *Living Authentically*

Articles

["Procrastination and the Art of Allowing,"](#) *The Change Blog*, May 2010

["Inner Productivity and Startup Businesses,"](#) *47Hats*, January 2010

["A Spiritual Solution to Writer's Block,"](#) *Explore Your Spirit*, October 2009

["How Getting Used to Silence Can Help Your Productivity,"](#) *The Change Blog*, October 2009

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Questions And Answers

Q: How did you go from being a lawyer into writing and career coaching?

A: For several years, I worked as a litigator in a large law firm, and you probably won't be surprised to hear that I carried around a lot of stress and anxiety both in and outside my work. I started exploring spiritual practices like meditation, yoga and qi gong just to try to relax and get a good night's sleep once in a while.

After just a few months of these practices, I started noticing that, in situations at my job that used to be anxiety-provoking, I was feeling centered and calm. And, I noticed something else that was interesting. Originally, I thought I could only do these practices at home. I used to think "I can't exactly get down on the floor of my office with my yoga mat and run through a few poses whenever I need to de-stress."

But what I started to discover, as I got deeper into these practices, was that there actually *are* forms of movement, breathing and visualization I could use in real time, as I was sitting at my desk. I could use these techniques any time I felt the need to get more focused and motivated in what I was doing.

Eventually, I realized I had something valuable to teach people. I could help them find the peace and productivity they were looking for in their careers, by showing them how the kinds of spiritual practices I've been talking about can be adapted to our work.

Q: How can spiritual practices help you get more productive?

A: There are many ways that meditation, yoga and other spiritual practices can help our productivity. One key benefit of many of these practices is that they require us to practice focusing our attention. A good example is a form of Zen meditation that has you hold your attention on your breathing or an object. This isn't just a way to get enlightened or know the ultimate truth—it helps you develop the ability to hold your attention on something—a project at work, for instance—without getting distracted.

By the way, I'm definitely not the first person to point this out. There have been many scientific studies of the effect of meditation on productivity. Some of the things these studies have shown are that, over time, meditation actually thickens the part of the brain responsible for attention, increases our memory capacity, and decreases blood pressure.

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Q: What kinds of exercises can you do if you find your attention wandering, or if you have trouble staying motivated?

A: Besides the Zen exercise of focusing on an object I talked about, another great exercise is to practice being with silence in your daily life. In our society, we're basically addicted to noise—wherever we are, we're used to having the stereo, the iPod or the TV on in the background. The problem is that, when we get into work and we have to focus on one project without much other stuff to stimulate us, we can't handle it—the silence makes us nervous and we get jittery and distractible.

One exercise I recommend to people is that they take a look at their lives and notice all the moments when they habitually put some kind of noise on in the background. Then, start gradually phasing out this background noise. Maybe you'd try leaving the iPod at home one day, then the next day not watching TV, and so on. It's harder for people to do this than it may sound, but it helps them get accustomed to being in silence and holding their attention on a task, which is important for staying productive.

Q: What can you do if you're feeling like you've run out of ideas while you're working—like when you've got writer's block?

A: When we experience writer's block, our usual response is to beat ourselves up for it —“why can't you think up an idea, what's wrong with you”—or turn away from our project hoping that inspiration will strike later. What we don't usually consider is that we can try just sitting there and allowing the writer's block, that sense of emptiness, to *be*.

What I've found, both in myself and in working with clients, is that if you just sit there, breathe, and allow that emptiness to be, the emptiness dissolves. And sometimes, what replaces the emptiness is the best idea you've had in a long time. If we have faith in our creativity, rather than trying to force it to work, that's often when we get the kind of inspiration we're looking for.

Q: What would you recommend to someone who's feeling unmotivated in their work?

A: One thing I tend to recommend is that people focus on really the overall contribution they're making to the world with what they do—that gift that they're bringing to people with their work. A lot of the time, when we're working, the focus of our attention is very narrow. So we're only thinking about what we need to get done today, instead of the larger vision of what we want to accomplish with what we do.

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So naturally, if we're doing something that we usually think of as kind of mundane or boring—whether we're organizing our file folders, or paying our business's taxes, or something along those lines—we tend to start wondering “why am I doing this to myself?” Or maybe we get stuck in issues like “what's everyone going to think of what I'm doing?” or “does this even matter?”

But when you actually turn your attention to the broader picture of what you're trying to achieve, that's when you remember what really inspired you to do this in the first place. And if what you're doing is organizing your folders, for example, you might realize, well, that's probably so you can serve your clients and your customers more efficiently. And if you're paying your taxes, you're probably doing that so you can keep your business operating and doing all the wonderful things it does.

So that's what we might call getting in touch with what you want to contribute on an intellectual level. But I think it's also helpful to connect with your desire to serve others on the level of your heart—to really feel that desire in your body. In yoga, we often do this with heart-opening exercises, and a simple one of these would be just to focus your attention on your heart area, maybe clasping your hands behind your back and stretching out your arms, and just taking a breath into that place.

When you really get in touch with the contribution you want to make on the level of the body, then getting motivated becomes so much easier.

Q: What would you advise someone who's having a lot of anxiety as they're working, like worries about what the boss thinks of them, or whether their colleagues are saying negative things about them?

A: There are lots of different approaches to this, but one thing I'd recommend is just taking a moment once in a while and noticing how you're breathing.

So when I've worked in corporate environments, one of the things I've immediately noticed is that a lot of people around me are sighing a lot, and that sighing is happening because they're breathing in shallow and rapid sort of way.

Of course, some of this could come from just not liking their work, but I also find that people don't pay a lot of attention to how their way of breathing can affect how they experience what they do. So, one of the things I would explore with someone is just whether they're breathing shallowly or maybe overly fast, and when you breathe shallowly the sense that you don't have enough air can just fill everything you do with this sense of dread and urgency.

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Or it may be that part of your body is tight—so maybe your shoulders, or your stomach, or your chest or somewhere else is tensed up—and your breathing can really help to loosen up that area. If you focus on that tense part, and just take a few breaths into there, you may find that suddenly all those catastrophes that you thought were going to happen start to actually seem less threatening, and you can easily turn your attention back to what you're doing.