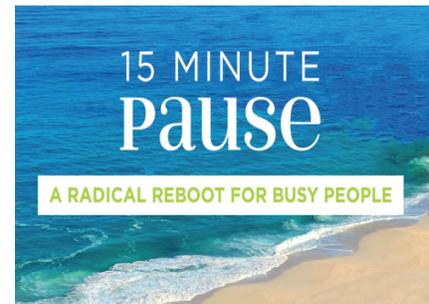


## BOOK RELEASE

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### ***THE 15-MINUTE PAUSE: A RADICAL REBOOT FOR BUSY PEOPLE***

**New title is a 'playbook for your life' and a path to create more joy**

LOS ANGELES (July 2018) – Stress-related studies and research continue to bring bad news – Americans are working harder, getting less sleep, report being unhappy at work and are experiencing the [highest levels of stress](#) in our history. In an age where busyness is becoming a competitive sport, long-time executive consultant and coach, Michelle Burke, and co-author, Lilamini de Silva, created a solution, [The 15-Minute Pause: A Radical Reboot for Busy People \(2018, A Silver Thread\)](#). The book is available on [Amazon](#) and [Barnes & Noble.com](#) and is the culmination of over 20 years of Burke's coaching and training teams, leaders and executive assistants with Fortune 500 and 100 companies.

"Fifteen minutes is doable for everyone, in fact studies have shown that simply taking a pause [reduces stress](#)," says co-author Michelle Burke, CEO of the [Energy Catalyst Group](#) and author of [The Valuable Office Professional](#) and [The Compass and the Clock](#). "In my consulting work, I've helped people increase their self-awareness, be more accountable and shown them a path to get off the stress treadmill. Lilamani and I believe joy-filled moments don't add more to a busy day, they make a busy day better."

*The 15-Minute Pause*, a 'playbook for your life,' is a series of introspective questions, quick-read chapters and self-assessments that allow people to determine their priorities and create an action plan for bringing more joy back into their lives. Activities from Burke's training programs such as the [Life Energy Inventory™](#) are included in the book. The authors believe as readers become more aware and mindful, they will be more able to establish boundaries, take better care of themselves and the people around them, and ultimately, live a more joy-filled life.

"Before writing this book, Michelle and I created [Personalogy](#), a fun card game that gave people insight into their relationships – *Cards for Humanity*," says Lilamini de Silva, the book's co-author. "Like the cards, we wanted the book to be insightful, a way for people to make small changes that make a big difference in their lives – at their own pace." de Silva, an accomplished painter whose art graces the pages of the book, was a television producer for The Discovery Channel in the UK.

'Pause Playbook' book clubs and workshop retreats will be available in late 2018. *15-Minute Pause* weekly Podcasts are live on the book's website now. For more information visit [www.15MinutePause.com](http://www.15MinutePause.com).

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*The 15-Minute Pause: A Radical Reboot for Busy People (2018)*

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#15MinutePause #RadicalReboot

15-Minute Pause [Weekly Podcasts](#)