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## FOR IMMEDIATE RELEASE

### **New Book Release: “Leading a Business in Anxious Times”**

*New book from Leslie Fox, Katharine Gratwick Baker and Care Communications Press helps business leaders foster clear thinking and thoughtful action in the face of internal and external anxiety*

**CHICAGO, September 29, 2009** – Care Communications Press today announced the release of “[Leading a Business in Anxious Times](http://www.leadingabusinessinanioustimes.com)” ([www.leadingabusinessinanioustimes.com](http://www.leadingabusinessinanioustimes.com)), a new book from authors Leslie Ann Fox and Katharine Gratwick Baker. The book introduces Systems-Based Leadership™, an approach to leading with a unique perspective, which directly addresses the impact of anxiety on a business and specifically how the workplace functions as a relationship system.

“Baker and Fox connect long-held theories that have been central to the treatment of family systems and effectively connect those theories to larger organizational contexts,” says Thomas J. DeLong Philip J. Stomberg Professor of Management Practice, Harvard Business School. “The authors have made the leap with a practical touch in mind so that managers and leaders at all levels might benefit from their words of wisdom.”

Through the stories of seven business leaders, “Leading a Business in Anxious Times” provides the often overlooked systems perspective needed for a more complete and realistic view of an organization’s human capabilities.

“Business leaders throughout all types of organizations often encounter organizational anxiety, even in the best of times, whether due to mergers and acquisitions, budget cuts, or any myriad of other events. The current economic crisis, however, has drastically increased the number, scope and urgency of these challenges for business leaders around the nation and globe,” said Baker. ““Leading a Business in Anxious Times’ offers new ways of thinking about these challenges and shares how actual business leaders have applied these approaches to become more effective and navigate their businesses through anxious times.”

The business leaders who share their stories through profiles in the book come from many different industries, such as health care, real estate and travel; types of organizations, including non profits, family businesses and large corporations; and situations, including those facing reorganizations, restructuring or cutbacks. The profiled business leaders used systems-based leadership, which is built on the foundational Bowen family systems theory, a respected theory of human behavior, to solve serious problems with organizational anxiety. “Leading a Business in Anxious Times” offers their insights to help others overcome similar challenges.

“We’ve used systems-based leadership to help organizations succeed in the face of transformational change for many years,” said Fox. ““Leading a Business in Anxious Times’ makes our experiences and these stories available to any business leader. We hope to open the eyes of more executives than ever before to the idea of viewing an organization as an emotional system perspective and the broad implications of that perspective for the business world.”

#### About Care Communications Press

Care Communications Press is a division of [Care Communications, Inc.](http://Care Communications, Inc.) ([www.carecommunications.com](http://www.carecommunications.com)), a nationally recognized leader in Health Information Management that has served the needs of leading health care organizations since 1976. For more information on “Leading a Business in Anxious Times” or to purchase the book, visit [www.leadingabusinessinanioustimes.com](http://www.leadingabusinessinanioustimes.com).