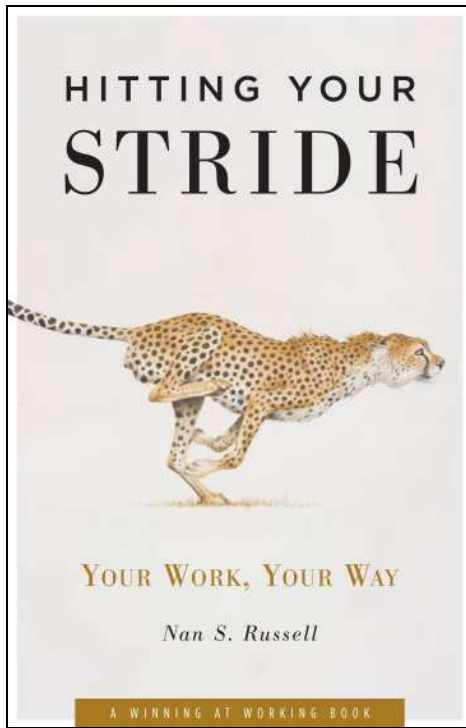


CAPITAL BOOKS NEWS

22841 Quicksilver Drive Sterling VA 20166 www.capital-books.com

For immediate release



Paper, 978-1-933102-56-6, 258 pp., \$16.95

**Create your own luck
in this uncertain
economy
and start winning at
working...your way**

"Some people talk about what they want to achieve but remain wishing and hoping. Others, like Nan Russell, quietly do it, achieving their life's dreams one step at a time. Nan will inspire you to realize your dreams, too."

Doug Briggs, former QVC President/CEO

STERLING, VA (January 31, 2008) A recent Gallup Poll showed that 70 percent of those surveyed admit they are unhappy with their careers. Nan Russell aims to change that. She rose from a minimum-wage employee to vice president of \$4.4 billion dollar QVC, so she knows what it takes to survive and thrive in this “what have you done lately” world. Her motto: “Opportunity is anywhere and everywhere. While wishing and hoping makes you a dreamer, acting and doing makes you someone who can create your own luck and turn your dreams into reality.”

For further information, review copies, and author interviews, contact Kathleen Hughes, 703-661-1511 or Kathleen@Booksintl.com

CAPITAL BOOKS NEWS

22841 Quicksilver Drive Sterling VA 20166 www.capital-books.com

Nan Russell's new book, *Hitting Your Stride: Your Work, Your Way*, advocates learning how to use your uniqueness at work—the best of who you are—to gain interesting work, personal growth, and financial gains. Nan shares her 10 “Winning at Working” Lessons—common sense, but uncommon practices; ways to help you reengage your talent; create your own luck; differentiate your work performance; and make a difference at work. Her stop-wishing, start-creating approach offers savvy insights to help you get ahead, enjoy working, and achieve financial rewards.

Using a story-telling approach, mixed with commentary, analysis, and reflective exercises, Nan identifies mistakes, struggles, disappointments, failures, and successes in the workplace. *Hitting Your Stride* is an inspiring business-and-life book, with an individualized approach to bringing the best of who you are to work—by someone who has been an employee, a manager, and a senior executive. *Hitting Your Stride* will help you find your way in your career, along your own path and with your own style.

About the Author

Nan S. Russell has spent more than twenty years in management. She went from a minimum-wage employee to vice president of 4.4 billion dollar QVC with five promotions in seven years. She has held management positions in human resource development, communication, marketing, and line management. Her eColumns, “Winning at Working” and “In the Scheme of Things” appear regularly on more than eighty websites and ezines, such as womentodaymagazine.com, expertmagazine.com, jobseekernews.com, and careernewz.com, and online newspapers, with estimated readership in excess of five million. She is also the host of a weekly program on webtalkradio.net called: *Work Matters with Nan Russell*. Nan is president of MountainWorks Communications and lives in Montana. Find out more about Nan and her work at www.nanrussell.com.

For further information, review copies, and author interviews, contact Kathleen Hughes, 703-661-1511 or Kathleen@Booksintl.com