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FOR IMMEDIATE RELEASE

***The Fatigue Prescription***  
***Four Steps to Renewing Your Energy, Health and Life***  
By Linda Hawes Clever, MD

Our lives are more packed than ever. Almost 40% of Americans work more than 50 hours per week and when we're not working we're getting to and from work or shuttling our kids to and from their commitments. Then there are housekeeping, bills, exercise, emails, voicemails, texts, and finally finding the time to wolf down some food and, if we're lucky, read a book and get a decent night's sleep. As a nation, we are sleep-deprived, overworked, overwhelmed, and undernourished in body and soul. It's gotten to the point where we are too busy to figure out how to be less busy.

There's a real downside to all our hustle and bustle. It wears on us physically, emotionally, and spiritually. Over the long haul it simply wears us down. That's why Dr. Linda Clever's *The Fatigue Prescription: Four Steps To Renewing Your Energy, Health, and Life* is such a break through. There are countless books on the market that explain why relaxation, exercise, sleep and reflection are important. But few of them deliver a step-by-step program for tackling the fatigue that is endemic in our modern lives.

Dr. Clever's *The Fatigue Prescription* will engage you in finding our own remedies to your "over-whelm" and "under-joy." Based on listening to thousands of people who wanted to lift up their lives and thousands more who already have, Dr. Clever has developed four critical steps for refilling our energy buckets. The steps are **awareness, reflection, conversation, and plan-and-act**. But the book is more than a description of techniques, it's also a workbook. Using facts, stories and important questions, it encourages readers to dig deeper and live a life authentic to their own values, *The Fatigue Prescription* helps you track the critical choices you make every day that lead to fatigue and gives tangible advice on how to alter those ingrained habits. If you want to be healthier, calmer, and more purposeful and you want to do it without being a hermit, *The Fatigue Prescription* is a must.

**About the Author:** Linda Hawes Clever, MD, MACP, is founding President of RENEW, a not-for-profit aimed at helping devoted people maintain (and regain) enthusiasm, effectiveness, and purpose. She is also a member of the Institute of Medicine of the National Academy of Sciences, Adjunct Clinical Professor of Medicine at Stanford, Clinical Professor of Medicine at UCSF, former Editor of the Western Journal of Medicine, and founding chair of the Department of Occupational Health at California Pacific Medical Center.

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