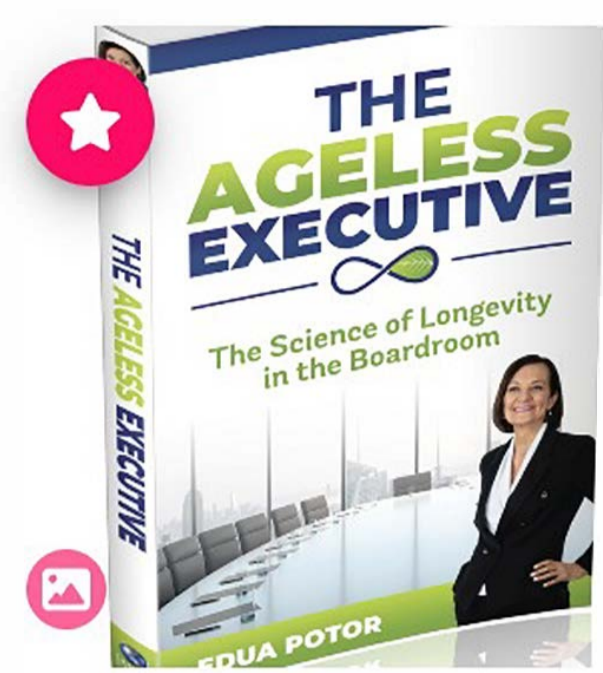


Discover 13 Common Practices Of Successful Executive Leaders In This New Book

If you're looking to elevate your career in the corporate world, Edua Potor's new book is the perfect read for you. "The Ageless Executive: The Science of Longevity In The Boardroom" is now available on Booktopia and Amazon.



Whether you're a young professional or executive leader, your health is essential to the longevity of your career. With a deep knowledge of C-level executives and extensive research, international author, presenter, researcher, and executive coach Edua Potor has created a detailed guide on how to improve your health in your personal and professional life.

[Grab your copy of "The Ageless Executive" here!](#)

Prioritizing Your Health For A Long Career

"The Ageless Executive" urges you to take a step back from your typical routines to prioritize your physical and mental health. This way, you can incorporate practices into your day-to-day life that will maximize the quality of your work life.

"Edua Potor has worked with executives for more than 30 years and witnessed the impact that stress can have, as well as the lack of the right information about health," said a spokesperson for the author. "Over the past decade, she has created a systemised program which takes you step by step through the foundations of super-health and reverse ageing."

13 Common Practices Of Successful Executive Leaders

Using her skills and experience as a global executive search researcher, Edua Potor interviewed over 15,000 executive leaders.

"The Ageless Executive: The Science of Longevity In The Boardroom" is the culmination of those research findings. If you're interested in reading the full results of Potor's research, visit Booktopia or [Amazon](#).

Over the course of 234 pages, Edua Potor outlines 13 common practices of the most successful executive leaders featured in her research, detailing practical strategies for enhancing physical and mental health, controlling stress, and maintaining peak performance.

From advice on nutrition, super herbs, exercise, and sleep patterns, to tips on avoiding burnout and reducing cortisol levels, the book is a reliable, comprehensive resource on how health impacts success in the corporate world.

Exceed Your Own Expectations & Deliver Ongoing Peak Performances

Edua Potor is an executive recruitment specialist with decades of experience placing senior executive leaders in Australia. As an author, her debut book was "Where To Now? The Ultimate Guide to Career Transition: For Executives On The Move". With her extensive experience in the corporate world, Potor continues to provide the knowledge and skills necessary to improve health and achieve optimal professional success.

"Discover how to achieve extraordinary health and vitality in all areas of your life. Edua exposes ancient secrets and cutting-edge scientific information to exceed your own expectations and deliver an ongoing peak performance," says a representative of Edua Potor.

[Click here](#) to learn more about "The Ageless Executive".