



## The Zen Approach™ to Project Management

New book reduces stress, promotes healthy relationships and enhances productivity of people working together on projects

*"The Zen approach to Project Management brings together sound wisdom, a nuts-and-bolts grasp of practicalities, and original insights. It's the Zen that's been missing in all too many of today's business books, and George Pitagorsky is the master we've needed."*

Daniel Goleman, author *Social Intelligence*

**June 22, 2007 New York, N.Y.** – Projects are often more complex and stressful than they need to be. Far too many of them fail to meet expectations. There are far too many conflicts. There are far too few moments of joy and too much anxiety. But there is hope.

In his new book, *The Zen Approach™ to Project Management: Working from Your Center to Balance Expectations and Performance* (ISBN 0-9708276-9-5; IIL Publishing, New York), George Pitagorsky, PMP, blends the wisdom of Zen with the objectives of project management. Each of us is involved in planning, initiating and delivering projects; we are all out there trying to get things done. Sometimes, however, things just don't go right.

By removing unnecessary stress and complexity from our lives, Pitagorsky, a long time practitioner of both Yoga and teacher of meditation, demonstrates how to advance beyond a limited and limiting perspective. Rather than relying solely on intellect to meet the challenges of a chaotic world, through the wisdom of this book, readers can find the edge needed to excel. They can become "focused like a laser [and] open like the sky" (Chapter1).

"George Pitagorsky balances the realities of project management with meditative reflection, resulting in overall process improvement," states E. LaVerne Johnson, President and CEO of International Institute for Learning. "His book is a 'must have' resource for any project manager."

In *The Zen Approach™*, the reader is taken on a journey of self discovery to recognize the importance of balance for positive results. This balance can become a priority not only in a corporate environment but also in other aspects of maintaining healthy living in the real world. Among the guideposts examined in the book are:

- Regarding everything as part of an integrated system
- Removing unnecessary stress and complexity from projects in order to do them as well as they can be done
- Cutting through the barriers to personal self-actualization and full potential by blending the right degree of analysis and intuition, hard and soft skills
- Managing performance to cut through interpersonal and intrapersonal issues that get in the way of excellence
- Remaining calm and energetic in accomplishing a degree of excellence in the face of challenging circumstances

### About the Author

George Pitagorsky, PMP is Senior Enterprise Solutions Advisor for International Institute for Learning, Inc. (IIL). He has extensive experience managing projects in complex organizations, creating methodologies and consulting with organizations to assess process performance maturity and implement process improvement. He teaches meditation as a member of the Teacher's Council of NY Insight Meditation Center (NYIMC).

To place orders for the book, contact: [www.iil.com/bookstore](http://www.iil.com/bookstore). For additional information please contact Michelle Blackley, Marketing Manager, at 212-515-5144 or email [michelle.blackley@iil.com](mailto:michelle.blackley@iil.com).

### About IIL

A global leader in Project, Program and Portfolio Management, Microsoft® Office and Project Server, Business Analysis and Lean Six Sigma training and consulting, IIL provides enterprise-wide learning solutions that can be custom-tailored to



organizations' specific business needs (visit [www.iil.com](http://www.iil.com)). IIL also owns and operates allPM.com, the global project management web portal for 40,000 project managers in over 90 countries ([www.allpm.com](http://www.allpm.com)).

**About IIL Publishing, New York**

IIL Publishing, New York, a division of International Institute for Learning, Inc. (IIL), creates out-of-the-box business solutions through the books it chooses to publish.