

Executive Lifestyle

To play or not to play ...

From toys and travel to business books and retreats, everybody needs a break from the hustle and bustle of the C-suite life. So here are a few suggestions to keep you balanced.

Books in review

Where Have all the Leaders Gone?

By Lee Iacocca with Catherine Whitney.
NY: Scribner. 274 pages with index. \$25.

"Where have all the leaders gone?" is a question that's easy to ask in these days of political dissatisfaction and cultural confusion. Lee Iacocca is one of those fearless leaders who isn't afraid to ask the tough questions that deserve answers.

Reading this book is like having Lee in your living room being open about his intelligent opinions on the latest political and business issues. He sizes up all the current presidential candidates with his own style of candor, holding nothing back. His most important business lesson: If you're just getting a single point of view from your team, "you've got to worry."

Another issue of concern: when the CEO owns the board. Lee calls this "incest in the boardroom." He's also concerned about "the scandalous robbery of middle-class pensions" when retirement funds go belly up because of company mismanagement. Makes you wish he would run for President.

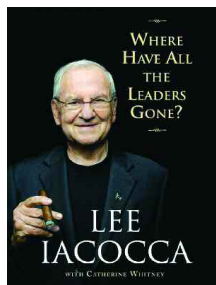
Other takeaways:

- ▶ To save on oil, let's get back to the simple car, away from SUVs and minivans.
- ▶ The "goldfish principle" – we're overweight because, like goldfish, we don't know when to stop eating.
- ▶ Any good idea is nothing until you put it in writing.

When Iacocca puts his good ideas in writing, it makes for a great little book.



David Ryback is head of EQ Associates International and co-author of the forthcoming book, "Psychology of Champions" (Praeger). He can be reached at EQassoc@aol.com.



Drew ... on image

Case No: 4854732 - Pleated vs. Flat Front

Pleat your case

Historically, pleated pants arrived as an early 20th century style and reached universal popularity in the 1950s age of indulgence. The original design called for the pants to be belted or suspended high at the waist with cuffs so as to have the pleats lie flat.



Pleat guilty

As the word "trousers" has evolved to slacks and then to pants, so has the *raison d'être* for pleated pants. They more often are worn too low to accommodate our shifting body shape, thus creating a balloon effect and making us look even fatter. Moreover, as a style statement, the pleated look has been hijacked as a de facto conservative business standard without much regard for physical architecture.

Body of evidence

The blousy draping of fabric in the front of the pant cuts a wider silhouette than necessary or desired, whereas flat fronts are more structured to compliment the human form with slimming clean lines. The designers have made them more widely available (pun intended) and shaped them more generously in both suits and separates. Dress and suit pants should have a center crease that will fade out subtly toward the waistline. Khakis are an original flat-front military style: sustained. Pleated jeans and shorts: overruled.

Expert witness

Statistically, nine out of 10 women prefer to see men in flat-front pants and even say they abhor pleated pants on their guys.

Pleat the fifth

Or is all this just a conspiracy by fashionistas to get Americans to lose weight?

Drew Sisselman is an image consultant whose background includes design, linguistics and coaching. He provides individual sessions and corporate presentations and seminars on personal styling and speech development. He can be reached at 404-484-0712 or info@drewsisselman.com.





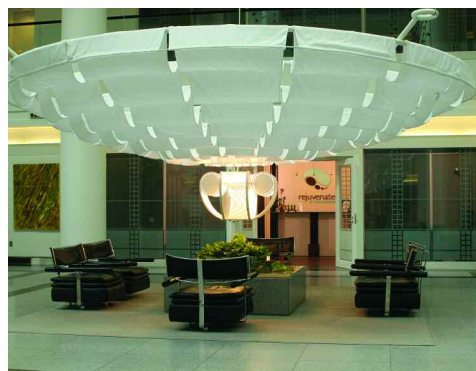
Relaxation

A new concept in relaxation specifically geared for downtown Atlanta office workers, visitors and travelers, Rejuvenate Spas has opened its first location in SunTrust Plaza Garden Offices.

“Our philosophy is simple,” says CEO and Founder Susan Vanyo. “To maintain a balance for the office worker, business traveler and those just looking to unwind and rejuvenate from the hectic and sometimes stressful work week.”

The relaxation spa includes private nap rooms with nap pods, massage rooms and a yoga studio with views of Downtown and Midtown.

The facility is open M-F, 10 a.m. to 7 p.m.



Rejuvenate Spas, Inc.

303 Peachtree Center Ave, NE, Suite AL-112

Atlanta, GA 30303

404-577-4877

www.rejuvenatespas.com

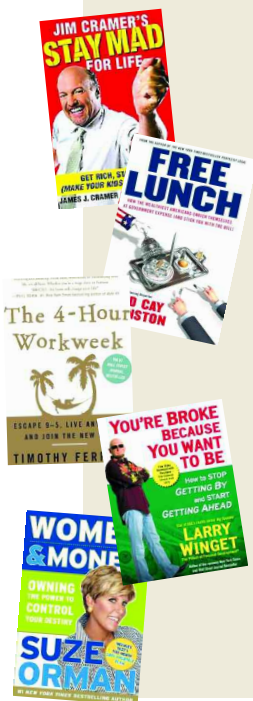
susan@rejuvenatespas.com

Top-selling business books

Hardcover

1. **Jim Cramer's Stay Mad For Life**, by James J. Cramer with Cliff Mason. (Simon & Schuster, \$26.) The host of “Mad Money” on CNBC explains how to get rich and stay rich.
2. **Free Lunch**, by David Cay Johnston. (Portfolio, \$24.95.) How lobbyists and lawyers have wangled government subsidies for the wealthy.
3. **The 4-Hour Workweek**, by Timothy Ferris. (Crown, \$19.95.) Because life isn't all about work.
4. **You're Broke Because You Want To Be**, by Larry Winget. (Gotham, \$20.) The direct reproach as to why you are in a financial mess.
5. **Women & Money**, by Suze Orman (Spiegel & Grau, \$24.95.) How women can achieve financial security.

Source: *New York Times*



New on the bookshelf

1. **Biography of the Dollar: How the Mighty Buck Conquered the World and Why It's Under Siege**, by Craig Karmin
2. **Economic Facts and Fallacies**, by Thomas Sowell
3. **The Logic of Life: The Rational Economics of an Irrational World**, by Tim Harford

