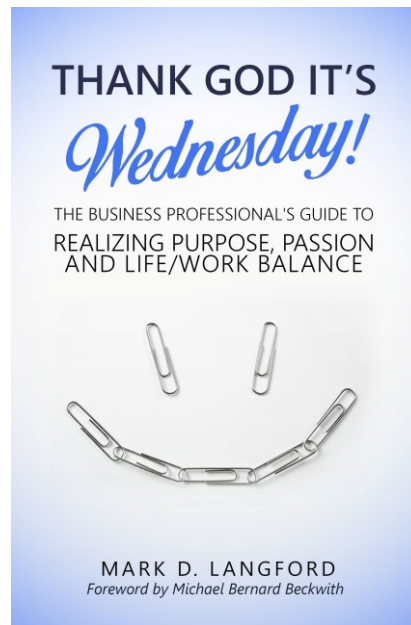




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THANK GOD IT'S WEDNESDAY!

The Business Professional's Guide to Realizing Purpose,
Passion, and Work/Life Balance

By Mark D. Langford

After surviving a near-death experience, Mark Langford – Harvard MBA turned Corporate Shaman - decided to change his life. He began a journey to not only discover his own true purpose and passion but also to help others find theirs. He quickly started to notice that “Work Sickness” (the live-to-work syndrome) was robbing friends and colleagues of their vitality, confidence and direction. He chose to follow his personal passion and transitioned out of the corporate world to become a career consultant and, now, author of **Thank God It's Wednesday!** (September 9, 2015; Original Trade Paper) which combines Mark's decades long professional experience, wide-ranging spiritual study, and personal intuition to help others ignite their inner fire and attain more fulfillment, fun and financial reward.

Thank God It's Wednesday! was written for business professionals who feel like they have too much job and not enough life. It is a prescription for those feeling overwhelmed, incessantly tired and unsatisfied and features a practical and easy-to-implement strategy to master the corporate game, identify your career calling, and free up more time & space for your personal passions.

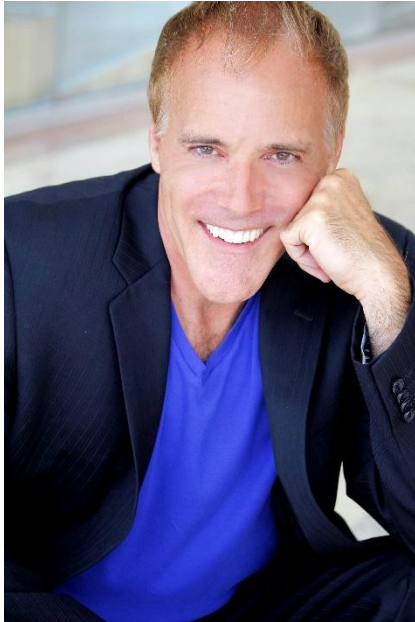
“Fortunately, there is a cure for Work Sickness and it doesn’t require any heavy-duty therapies, renunciation of wealth or metaphysical incantations,” Langford writes. “The way to overcome this disorder is to plug into the highest performing asset in your personal portfolio – your own creative ability. The antidote to Work Sickness is to employ a combination of your inner wisdom and efficient work practices and to live authentically to your purpose. These principles used in conjunction with 8 powerful Natural Laws that Langford identifies in his book provide a foundation for a greater confidence, direction and inner-peace. People who use this methodology are more apt to express their full creative genius – which is exactly what the business world needs today. Why? Because these ‘Spiritual Professionals’ will be the ones that ultimately help solve our planet’s most pressing problems and lead to the evolution of our antiquated, consumptive business practices.”

Thank God It's Wednesday! is packed with creative insights, inventive “connecting” techniques, real-life examples of success, and hands-on exercises that will show readers how to unlock the power of their innate creativity. The book provides a powerful new way for business professionals to realize their professional purpose while maintaining life/work balance.

About Mark D. Langford

In 2004, in full health and at the pinnacle of his life and career, Mark contracted a very serious, penicillin resistant (MRSA) infection from a routine arthroscopy. After a dozen surgeries and forty-one days of lying immobilized in a hospital bed in a foreign country, Mark experienced a life-changing encounter with what he can only describe as the “Divine.” He communed with a presence that revealed to him that his life purpose is to help and heal others. From this epiphany, Mark developed an intense interest in spirituality and spent the next 10-years studying and working with world-renowned spiritual leaders. Interest turned to inspiration when Mark realized that he could do the most good by mentoring business professionals using his 25-years of successful corporate and entrepreneurial experience, Harvard MBA and coaching training. He decided to transition out of the corporate world and founded C-Synergy, LLC to help both people

to get clear on their purpose and calling, to develop manageable action plans and to connect and operate from their inner wisdom.



Mark's mission is to help people tune into their inner knowing and to unleash the creativity, joy and energy found in living in alignment to purpose and exercising personal passion. Mark believes that businesses and the people who create and run them hold the ultimate answer to the many crisis' facing our planet today. He would like to see the corporations that lay claim to the majority of the world's assets to be led by men and women connected to their higher consciousness so that they make decisions from a mindset of oneness, abundance and love instead of scarcity, fear and greed.