



## FORBESLIFE EXECUTIVE WOMAN: SPRING STYLE AND DESIGN

### *Plus: The New One-Cup Meeting, Postnups, and Surviving Chronic Exhaustion*

**New York, NY (March 24, 2008)** — The Spring issue of *ForbesLife Executive Woman* features the latest fashion and design trends for professional women. The magazine addresses how to successfully mix business and style, including providing tips on how to decorate even the smallest work space, fashion strategies from a retail star, and the hottest looks for the new season.

#### **ALSO IN THIS ISSUE:**

**Postnups (p. 54)** – These days, spouses are choosing to deal with differences in earning power by opting for a postnuptial agreement. *ForbesLife Executive Woman* reports that with more and more women assuming the role of primary breadwinner in a family, their interest in postnups is likely to grow. Find out what you need to know before deciding if this may be the right option for you.

**A Wake-Up Call for Semisomniacs (p. 52)** – American women get only three to four nights of adequate slumber a week, and for many working women, the price of success may be chronic exhaustion. Learn how busy executives can better induce and enhance rest, without relinquishing their powerful positions.

**Power Coffee (p. 62)** – The days of long lunches and big breakfasts are a thing of the past. The latest trend in meetings is sit-downs over a steaming cup of java. Learn why the “power coffee” is the next big thing to hit the business world, and where you can find the hottest cups in big cities.

**What’s Your Favorite Perk? (p. 50)** – Sometimes it’s the little (and not so little) things that make a job so coveted. From free magazines and books to clothing allowances, real women share a few of their favorite perks with *ForbesLife Executive Woman*.

**Time Out With Tina Brown (p. 48)** – Perhaps the world’s best-known magazine editor, Tina Brown speaks out on how to build a team and manage creatively. Learn from Brown’s experience how to hire effectively, and make tough decisions on hiring, as well as firing.

**City Risks (p. 22)** – While genes are likely a bigger factor than geography, where you live may have an impact on your risk for breast cancer. *ForbesLife Executive Woman* reports that a recent study showed that city women tend to have denser breast tissue than those who live in suburban areas.

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