

Nick Jonsson's 'Executive Loneliness' debuts on Amazon's Best Seller list

Aims to provide light and hope to suffering business leaders

Nick Jonsson

Published, Promoted and Reached
33 x #1 Best Seller in 4 Countries (USA, UK, CA & AU)
30 x #1 Hot New Release in 3 Countries



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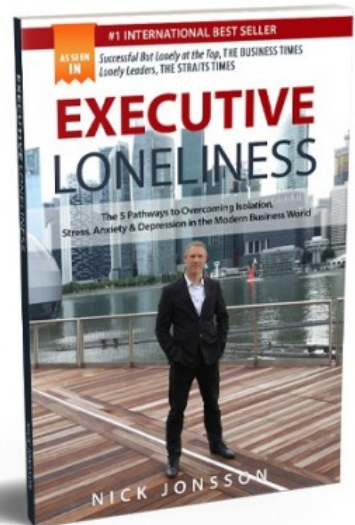
#1 in [Inner Child](#)

#1 in [Twelve-Step Programs](#)

#1 Best Seller

Nick Jonsson

Executive Loneliness: The 5 Pathways to Overcoming Isolation, Stress, Anxiety & Depression in the Modern Business World



Singapore, Singapore, Apr 29, 2021 (Issuewire.com) - On the heels of his successful advocacy campaign of the same name, "[Executive Loneliness](#)," Nick Jonsson, Managing Director EGN Singapore has released his launching book as a published author and offering executives worldwide profound insights on the mounting pressures of being an executive. In just two weeks on Amazon, the book has achieved the #1 Best Seller status in four countries namely the USA, Canada, Australia, and United Kingdom topping categories such as Men's Health. The book is still available for purchase on [Amazon](#) and currently priced at US\$ 2.99 on the Kindle app and US\$ 9.95 for a print copy. The book is also made available on [Google Books](#), [Barnes & Noble](#), [Smashwords](#), and [Apple Books](#). Readers can buy directly from the author's official [website](#) as well.

The book highlights Jonsson's experience as an expat executive in leading companies. It was written in conjunction with the members of EGN Singapore, a platform for members to network and share issues, challenges, and inspiration through a closed forum, who provided their own stories and participated in qualitative discussions to give input alongside Jonsson's own insights.

Executive Loneliness addresses the stigma around this mental health condition and focuses on the 5 (five) pathways to overcoming isolation, stress, anxiety, and depression in the modern business world. According to Jonsson, “The loneliness and dilemmas that executives face at the top of their organisations experience is not discussed enough. We put emphasis on the importance of a peer group to provide executives with a safe space and a support network from like-minded professionals, which helps them triumph in times of adversity.”

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Born in Sweden, Jonsson is a graduate of Bachelor of business, with a major in marketing and advertising at Bond University in Australia, and finished his Master's degree in Public Relations at the same university. Jonsson has worked across Asia, Australia, and Europe representing major international firms in general management, direct sales, and marketing. As the Managing Director of EGN Singapore, Nick is passionate about matching senior executives in confidential peer groups where they can help each other face challenges and identify opportunities.

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About the Author

Nick Jonsson, the #1 International Best Selling Author, is dedicated to raising awareness and eliminating the stigma around the phenomenon of executive loneliness. He has identified that feelings of isolation and depression—personal struggles that he, himself, has had to grapple with and conquer—are much more widespread than we think. Modern work culture encourages executives to project success and achievement when, in fact, thousands actually suffer in silence and denial. This topic is close to Nick's heart. He has spoken about it multiple times, on the radio and television, at conferences, exhibitions, company events, and chambers of commerce, and he has been featured in more than 20 newspaper and magazine articles, including a four-page feature in The Business Times and a full-page in The Straits Times. Nick is enthusiastic about supporting his local community. He is a volunteer and fundraiser for the Samaritans of Singapore (SOS), a suicide hotline in Singapore. He also does frequent community service for a support group for problem drinkers. Now in recovery himself in his third year, he is also an International Coaching Federation (ICF) coach, who loves to work with executives to help them with their career and lifestyle choices. You can read more information about Nick on his LinkedIn page: <https://www.linkedin.com/in/nick-jonsson/>. You can also see Nick's book site here: <https://www.executivelonelinessbook.com> and his personal site here: <https://nickjonsson.com/index> and his company site here: <https://www.egnsingapore.com/>



Media Contact

Dean Bernales

dean@pinpointpr.sg

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