

Marc Lesser Launches Zen Bones Substack and Zen Bones Podcast

Austin, Texas Nov 3, 2022 ([IssueWire.com](https://www.issuewire.com)) - Marc Lesser, a leader in Zen mindfulness has launched his Zen Bones Substack - marclessersubstack.com .

In tandem with this launch, Lesser has also launched ZenBones podcast on Podbean which is available on all major podcast networks - <https://zenbones.podbean.com/e/trailer/> .

Listeners can tune in weekly to The ***ZenBones: Ancient Wisdom for Modern Times***, for cutting-edge interviews, teachings, and guided meditations. The podcast will offer supportive tools for creating more meaningful work and potent mindfulness practices to develop yourself, influence your organization, and change the world.

Marc is a speaker, facilitator, workshop leader, and executive coach. He is known for his engaging, experiential presentations that integrate mindfulness and emotional intelligence practices and training. He is the author of 4 books, including [Seven Practices of a Mindful Leader: Lessons from Google and a Zen Monastery Kitchen](#), and CEO of **ZBA Associates**, an executive development and leadership consulting company.

Marc helped develop the world-renowned **Search Inside Yourself (SIY) program within Google** – a mindfulness-based emotional intelligence training for leaders which teaches the art of integrating mindfulness, emotional intelligence, and business savvy for creating great corporate cultures and a better world. He founded and was CEO of 3 companies, and has an MBA degree from New York University. Marc was a resident of the San Francisco Zen Center for 10 years, and director of Tassajara, Zen Mountain Center, the first Zen monastery in the western world.

For more information or to book an interview with Marc - please reach out to Nettie Reynolds, NettieInk, LLC - nettieink@gmail.com.

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