

## SAMPLE ENDORSEMENTS TO WORDSMITH:

You may use these sample testimonials to write your own. Wordsmith as you like!

-  Marcey lived the life of the road warrior and clearly gets how difficult it is to stay healthy on the road. Her book is written for the traveler, managers of travelers and company leadership seeking ways to make business travel easier for the individual and the company.
-  **What can one woman teach road warriors about how to keep their life together on the road? Lots! This is a comprehensive book about travel that may well change your work, health and life.**
-  Beyond Travel: A Road Warrior's Survival Guide is the perfect book for travelers, both new and seasoned, to understand how to stay energized and work smart on the road. It's inspiring with just the right mix of stories and facts to keep the reader interested.
-  **Catapult your health and productivity forward by reading this book. Marcey's wisdom, insights, and real-life examples flow off the pages. This is an opportunity to learn from someone who not just lived the lifestyle, but raced in endurance sports competitively while doing it! Be prepared for more solid, usable, information than you've ever seen inside one travel book.**
-  Marcey's writing style is like sitting in a coffee shop with her, learning about how to keep from becoming a fat, tired, no-life traveler, over a cup of joe.
-  **Reading this book made me want to GSD and perform an opportunity! Don't know what that is? Pick up this book! You won't regret it!**
-  Business travel isn't part of your job, it's a lifestyle. Marcey Rader said it best and gives you the tools to get off the travel treadmill.

## TESTIMONIALS

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### Eyenie Schultz

The Technicolor Priestess

*In true, "GO, Marcey, GO!" style, Beyond Travel: A Road Warrior's Survival Guide, pulled me in. I got excited about getting organized, healthy and productive in my work and life overall. Marcey's writing is so real and sincere that it feels like she's talking only to you.*

*Plus, this lady has major "walking the talk" cred! Whether it's beating stress, accomplishing goals, feeling better or playing more, Marcey asks key questions and presents kick-ass reframes that will have you looking at things in an entirely new (and totally doable!) way. This book is fun, dynamic, high-octane goodness that no on-the-go badass can do without!*

*This book is full of practical and specific advice on how to be more productive and be healthier, especially if your job requires a lot of travel. This is a book that I wished that I had when I was working 12-14 hours days and traveling between 75%-100% over 5 years ago. I used to think that I was a productive person, but quickly learned when reading this book that I was just "busy," and not as productive as I thought.*

*After going through Marcey Rader's tips for emails, lists, scheduling tasks, social media, etc. I have become more productive and have been going to bed two hours earlier than I have in over two years! Time is money, and most entrepreneurs and professionals struggle with having enough time for their business and personal life. If this sounds like you, then I highly recommend this book.*

### Sylvia I.

### Joseph Novara

*I have to admit, I was a little concerned I would be bored when I received this book as a gift. I don't consider myself a traveler, so what does this book have to do with me? Well, I was about to find out!*

*This is not just a book about travel. This book is a lifestyle book. I am using several of the behavioral changes Marcey suggests just in my day to day life. The book is fun and written in a way that it's not pretentious or only for the fanatical health nut. Instead, it is written for any person living a busy, mobile lifestyle that wants to make better choices and live a better life*

*The book is FILLED with tons of tips to save time in our day to day lives. I can go on and on about all the value I have received and continue to receive from "Beyond Travel: A Road Warriors Survival Guide", but I am going to suggest you just purchase the book and find out for yourself. Great work Marcey Rader!*

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Marcey’s insight into the productivity, health, and lifestyle challenges of a road warrior coupled with her real-world experience in hurdling those obstacles make *Beyond Travel: A Road Warrior’s Survival Guide* a must-read for any road warrior. After having finished the book several days ago, I got the best night’s sleep I have had in ages. I wish I had read Marcey’s words 300,000 air miles ago!

The book is so easy to read that I was able to complete it on my last cross-country flight. I downloaded it to my Kindle and was engrained before take off. I think the thing that hit me the most was that Marcey uses real examples and stories we can directly relate with: they aren't extreme or exaggerated.

## Brad D. Messner

Eternal Road Warrior, Founder,  
Travel Development Group

## A. McCracken

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Marcey is a genius! I read this book in an effort to help my husband (who is a Road Warrior) feel like he has a better handle on his life on the road. He was overweight, stressed out, unproductive and just always feeling like he was a step behind. I can tell you that the tips I uncovered in this book have made a world of difference for him. He's still a work-in-progress, but he already feels so much better. On top of the information in this book being a life-changer for him, Marcey is hilarious and the book is truly an enjoyable read. She has a "voice" that is no-nonsense, yet understanding, and you can tell she's definitely "been there/done that" herself. It's clear that she's walked the walk and has real life, practical, advice to offer the rest of us still trying to figure it out. Well done!

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Definitely a keeper. This book gave me a ton of truly practical, doable tips and strategies to stay sane and healthy on the road. I'm not a road warrior, but, like many of the clients in this book, my helpful, healthy routines stay at home when I travel. And my biggest takeaway from the book isn't even related to travel--Marcey Rader's tips for changing my relationship with email, especially with my inbox, is life changing. I am implementing them and feeling more empowered as I make progress organizing my inbox. Great tips, regardless of how much you travel!

## W. G. Corbett

## T Blankenship

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I first saw Marcey speak at a Project Management International conference, at which she delivered her "Hack the Mobile Lifestyle" workshop. I immediately connected with her message of health, efficiency (vs. being "busy"), and effectiveness. She is truly passionate about empowering people! I bought 2 copies of this book, one for myself and one for a company VP who travels constantly. Some of the takeaways I found valuable include:

- Turning off all email notifications so I can process email when I want to, not on other people's schedules (trust me, you will save so much time, feel more creative and calm, and you won't miss anything!)
- Keeping a set of "hangry" snacks in my car for the ride home. This has prevented me from eating entire boxes of snacks when I walk in the door after work.
- Getting off my high horse about being strictly "Vegan" or "Raw" or "Paleo" and just trusting my own body and actual real food to determine what I need. As a result, I'm gentler with myself AND I'm eating better.

Marcey's writing is a blend of tough motivation and real acceptance. I have read so many motivational books, (Eckhart Tolle, *The Secret*, etc) and this is the first book I've found that blends real world actions for real people with principles of motivation and empowerment. I keep her book in the "next to my bed" collection, and find that I consult it for lots of efficiency and health hacks, not just related to travel. The book is a great blend of practical tips, motivational advice, and meeting you where you are. I highly recommend it not only for travelers, but for ANYONE who wants to make their health, work, exercise, or play truly effective.