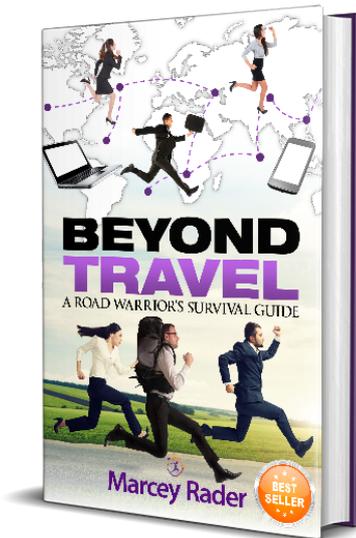


INTERVIEW TOPICS

What to know to sound like you've read **Beyond Travel: A Road Warrior's Survival Guide**



#1 IN THE BUSINESS TRAVEL CATEGORY IN BOOKS
#1 IN THE HEALTHY LIVING CATEGORY ON KINDLE
TWO HOT NEW RELEASE LISTS
#1 FOR BUSINESS TRAVEL AND
#4 FOR HEALTHY LIVING

Business travel isn't just part of your job. It's a lifestyle.® Marcey Rader dives deep into productivity during travel, at home and in the office, as well as covers nutrition, exercise, sleep and stress management on the road. From why we shouldn't eat a turkey sandwich from a grab and go cooler, the best way to electronically sign documents on the road, and how to make your travel easier for your spouse, this book has it covered.

A Few Things You'll Get From This Book

- ✔ How to eat for energy, sleep in a hotel and stay healthy during air travel.
How reframing exercise as movement opportunities increases your productivity and prevents butt amnesia.
- ✔ How to process your email to stop living off of other people's agendas.
Apps, programs and processes to stop wasting time, moving tasks to the next day and losing your receipts.
- ✔ An always-growing list of bonus material, all links and references in the book and discounts via online hidden chapters.



This is the most comprehensive, yet practical book I have ever read on staying healthy, vital and primed for success while on the road. Marcey has just the right touch of theory to application. If any traveler uses her straight forward tools, they will find travel profoundly more manageable. From the occasional traveler to the road hardened executive this book is a must read. I will recommend Marcey Rader's book to all of our clients around the world.

Gregory Florez

Founder and CEO,
V2 Performance, Author 21 Days of Simple Changes

Who Should Read This Book?

Business travelers, mobile professionals who work more than 50% of their time outside of a typical office, as well as anyone busy looking to increase their productivity and health. The hacks and tricks recommended carry over to non-travelers as well to make their life more streamlined and efficient.

Beyond Travel: A Road Warrior's Survival Guide focuses on behavior change and the minimal effective dose of whatever you need to allow you to uplevel your life.

Marcey Rader has written the most comprehensive and practical book on productivity that I have seen in the 37 years I have been in the productivity and organizing industry. Not only is this information valuable for "road warriors," but for all professionals who want to improve their profit, productivity, and peace of mind. Beyond Travel is not a "read once and forget it" book. You will want to refer to it whenever you are in need of new ideas and great resources to help you accomplish your work and enjoy your life!

Barbara Hemphill

Founder, Productive Environment Institute,
Author of Less Clutter More Life

Interview Topics

These topics are suggestions only. Feel free to address topics of particular interest to your audience.



Current State of Business Travel

We all struggle in creating healthy and productive behaviors and routines. Business travelers sometimes give up altogether because so much of traveling is out of their control. Marcey Rader reveals and explores how to create routine out of non-routine.



Behavior Change

The key to positive lifelong habits is behavior change. We are a society geared toward the quick fix, but that quick fix is even faster to fall apart and leave us back where we were or worse. Marcey shows us how small changes create big results and that sometimes the minimal effective dose is better than trying to maximize it all.



Productivity

We are all bombarded with email, notifications, calendar invites and never-ending To-Do lists. Marcey demonstrates how to stop being a slave, gain control over your technology and take back your agenda.



Mobile Nutrition

The average weight gain for a trip of 14 days or more is three pounds. The term is Pound Packing, and when you travel frequently, they really add up. Marcey explains how to overcome one of the most difficult challenges of being a road warrior.



Mobile Exercise

You don't need a gym or your favorite equipment to get a good workout on the road. Marcey competed in two Ironman Triathlons during her heaviest year of travel. Learn how to decipher excuses from reasons and get in sneaky movement opportunities throughout the day.

Interview Questions

These are suggestions only. Feel free to ask any questions that interest you. I appreciate the questions prior to the interview to ensure there is a smooth transition from question to answer.

- 1 Of all the hacks or tricks contained in Beyond Travel, which ones have been particularly important to you in your life? How have you applied them?
- 2 Like its predecessor, Hack the Mobile Lifestyle, this book features specific recommendations for apps, programs, travel accessories and nutrition products. How or why did you choose them?
- 3 Why did you decide to write a follow-up to Hack the Mobile Lifestyle: 6 Steps to Work Well and Play More?
- 4 What makes this book different than other books on the market?
- 5 How can readers successfully apply the hacks in Beyond Travel to their lives?
- 6 What do you think the #1 Mistake a Business Traveler makes when it comes to nutrition?
- 7 What can employers do to help their frequent travelers?
- 8 If travelers want to dive deep and get individual help and advice, how do you work with them?



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 Messner

Travel Development Group

About Marcey Rader



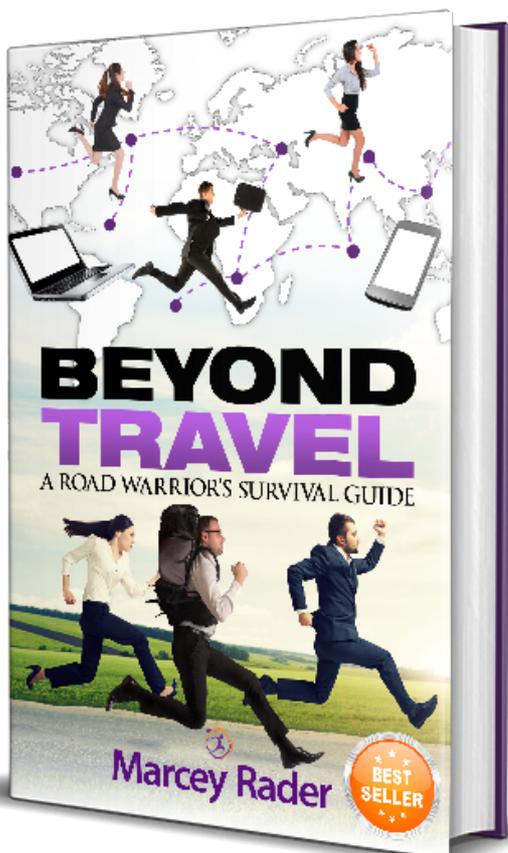
As the founder of **Marcey Rader Coaching, LLC** and the **Work Well. Play More!® Institute**, Marcey Rader is proving that travelers can succeed on the road without sacrificing their physical, spiritual, and emotional health. She is the best-selling author of two books—**Beyond Travel: A Road Warrior's Survival Guide**, and **Hack the Mobile Lifestyle: 6 Steps to Work Well and Play More!**. She's featured in Living Healthy, Eat This! Not That!, Best Kept Self, Alpha Efficiency, Shape, Eating Well, and Training Edge. As a sought-after corporate speaker, the organizations Marcey has presented for include Cisco, Business Travel News, and Syngenta.



Reading this got me 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!

Eyeenie Schultz

The Technicolor Priestess,
Style Alchemist and Client



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