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Amazon Bestseller, Productivity and Health Expert, Marcey Rader, Publishes New Book

Work Well. Play More! gives simple, actionable steps to transform daily habits

Raleigh, NC – November 18, 2019 – Nationally recognized speaker, best-selling author, productivity and wellness expert, Marcey Rader, to publish a new book titled, [*Work Well. Play More! Productive, clutter-free, healthy living - one step at a time available*](#) on Amazon.com on November 18.

This practical "how-to" guide provides tangible tools and practical steps for gaining time and decluttering the body and mind in three key areas: productivity, organization, and health.

Marcey Rader is a nationally recognized productivity and health speaker, best-selling author, coach, and founder of [*Work Well. Play More!*](#)[®], where she helps teams and individuals climb the ladder or build their business, without sacrificing their health.

"I lived through the experience of a complete and wholesale life renovation. The steps that I outline in the book saved my life and my sanity and are the foundation for my coaching program. I wrote this book because I want to continue to share these skills with others to help them redefine what health, wealth, and success truly mean." – Marcey Rader

To learn more about *Work Well. Play More! Productive, clutter-free, healthy living - one step at a time* visit <https://www.workwellplaymore.com/books>

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About the Author:

Marcey Rader is an [Amazon best-selling author](#), sought-after productivity coach, accredited health and wellness expert, and renowned keynote speaker. As the founder of [Marcey Rader Coaching](#) and [*Work Well. Play More!*](#)[®], she helps individuals and businesses kick their lifestyles back into balanced gear – without sacrificing health. She packs presentations with actionable advice and real-world wisdom, decluttering the mind, body, and business, one habit at a time. Her speaking roster's alive with engagements for Fortune 100 companies, startups, and everyone in between. Audiences from North Dakota to Dubai, manufacturing to biotech, learn to escalate their energy, conquer the calendar, master tasks, and extinguish email. To learn more, visit <https://www.marceyrader.com/>

About the Book:

[*Work Well. Play More! Productive, clutter-free, healthy living - one step at a time*](#) is an easy to use and adaptable guide that provides readers with practical steps and tangible tools for balanced, healthy and productive living. Available on [Amazon.com](#).

About Work Well. Play More!®

Whether you're a team of two or a 500-person department, Work Well. Play More!® offers productivity, health, and performance workshops, along with coaching and training on-demand tailored to your team, department, or the entire company. Work Well. Play More!® delivers interactive, engaging workshops that can change your company culture on the spot – for the better. We go way beyond theory to provide practical, real-world, in-the-weeds application. To learn more about Work Well. Play More!®, visit <https://www.workwellplaymore.com/>

Review Copies and Media Interviews:

For a review copy of [*Work Well. Play More! Productive, clutter-free, healthy living - one step at a time*](#) or an interview with Marcey Rader, please contact books@workwellplaymore.com or 484-455-4122. When requesting a review copy, please provide street address. If you would like to receive this information as a PDF document, please let us know.