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Author: Marcey Rader
Category: Nonfiction > Health & Wellness > Healthy Living > Business & Economics > Personal Success
ISBN-10: 0996376321
ISBN-13: 978-0996376327
Publisher: Work Well. Play More! (October 27, 2019)

Author Bio

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 the [Work Well. Play More!®](#) Institute 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 is 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.

Her latest book [Work Well. Play More! Productive, clutter-free, healthy living - one step at a time](#) goes beyond the inspirational narrative to focus on simple, tangible tools and practical steps for gaining time and decluttering the body and mind.



Marcey Rader

Book Bio

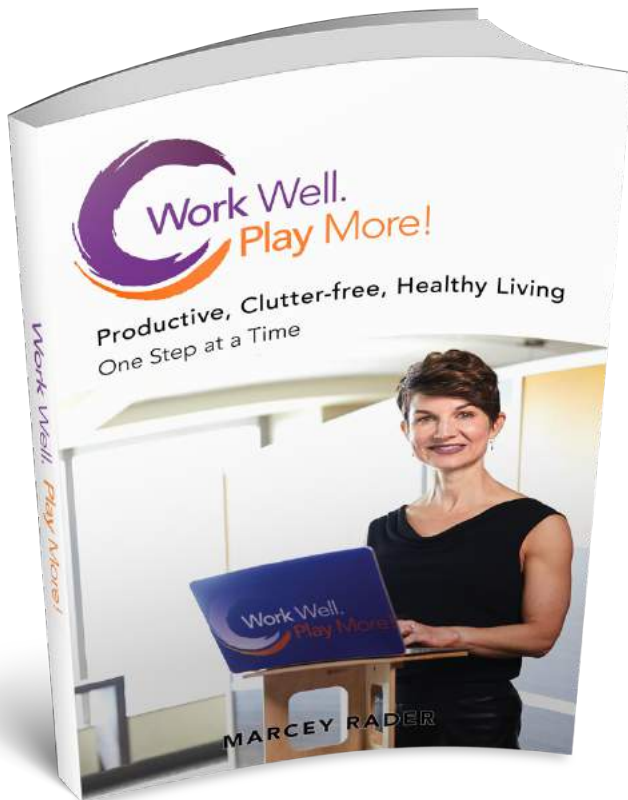
What if you could positively transform your life just one step at a time without sacrificing your productivity and health?

This book gives you solid, actionable steps to kick your productivity into high gear.

You'll learn how to simplify your life by taking practical, achievable actions in three areas:

- productivity
- organization
- health and wellness

Let Marcey help you declutter your mind, body, and life one habit at a time so that you can Work Well and Play More!



Author: Marcey Rader

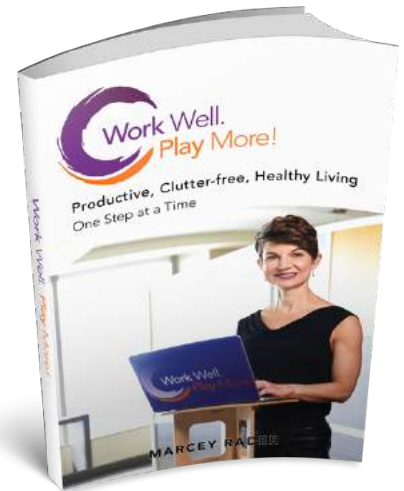
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Target Audience



WHO SHOULD READ

- Professionals
- Executives
- Business owners & entrepreneurs
- New parents
- College students
- Retirees

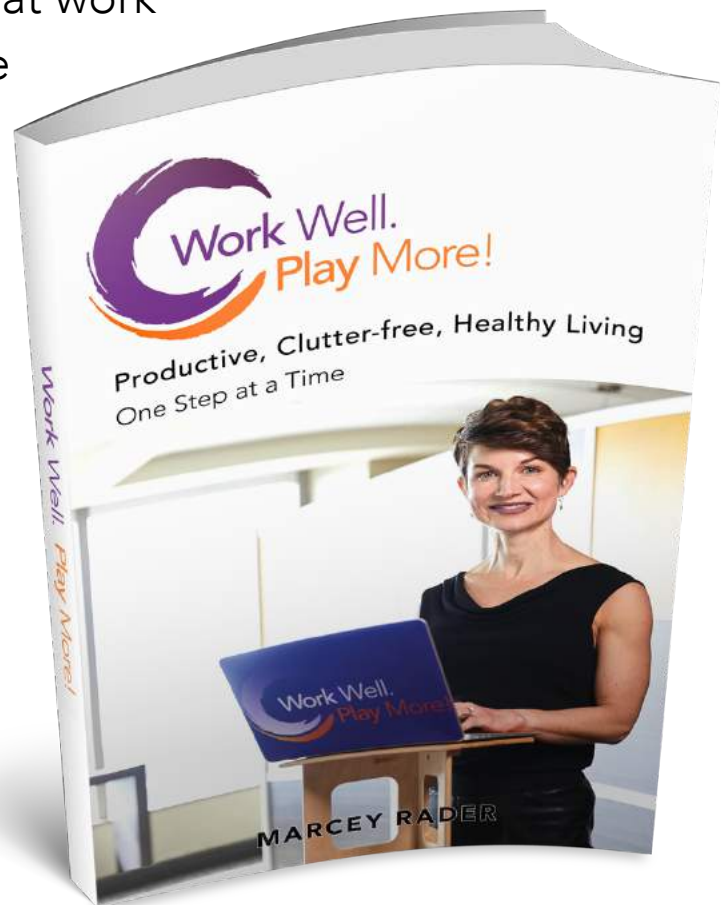
BOOK BENEFITS

- Simplify your life
- Learn to create healthier habits
- Increase mental clarity
- Declutter your brain & your desk
- Boost productivity
- Transform your personal & professional life!



STORY IDEAS

- Conquer the Calendar
- How to work anytime, anywhere
- Hack the Mobile Lifestyle
- Improve productivity with a focus on wellness
- Change your mindset to change your behavior
- Healthy habits that will make you more productive at work
- Email tips to improve your productivity
- Reclaim your daily schedule
- Ways to be more mindful at work
- Honor Get Shit Done time
- Mindful Meetings



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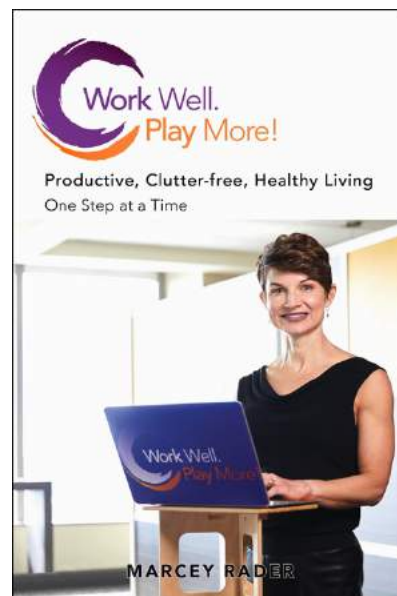
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