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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: Rader Co. (October 27, 2019)

Updated for 2020

Author Bio

Marcey Rader believes that health powers productivity. She is a multi-certified health and productivity expert, three-time bestselling author, and an award-winning, global keynote speaker. As the founder of Rader Co., Marcey helps executives, teams, and individuals banish burnout, keep good people, and keep moving forward through practical, tailored tools, healthy, sustainable habits, and coaching accountability.

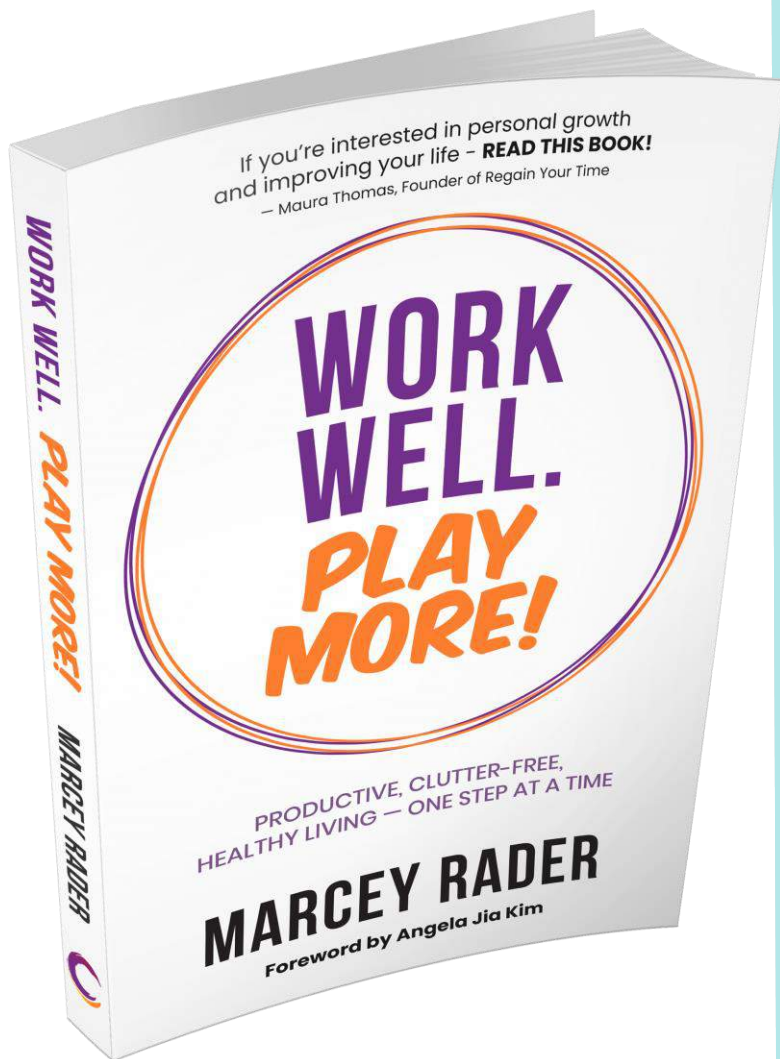
After a case of high-stress, high-performance corporate burnout triggered three autoimmune diseases, she became a passionate advocate for valuing wellness in the workplace and teaching how health can be the most powerful key to sustaining productivity in your career, team, and organization.

Sought-after by Fortune 100 companies, startups, and everyone in-between, Marcey's spoken for tens of thousands of people across the United States and worldwide – from Dubai to Tokyo to Mexico City. As a high-impact speaker, she trains her audiences to escalate their energy, conquer their calendars, master tasks, and finally extinguish their email.

Marcey's companion course, the [Work Well. Play More! Masterclass](#), is a self-paced online experience with monthly access to Marcey. Learn more or connect with Marcey at marceyrader.com.



Marcey Rader



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Book Bio

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

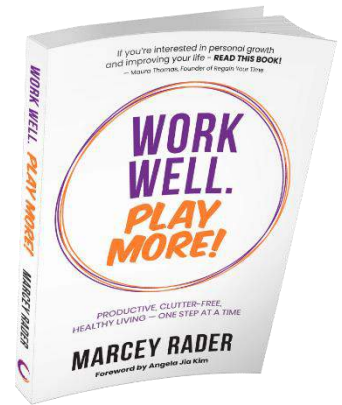
This book gives you solid, actionable steps to kick your productivity into high gear.

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!

Target Audience



WHO SHOULD READ

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

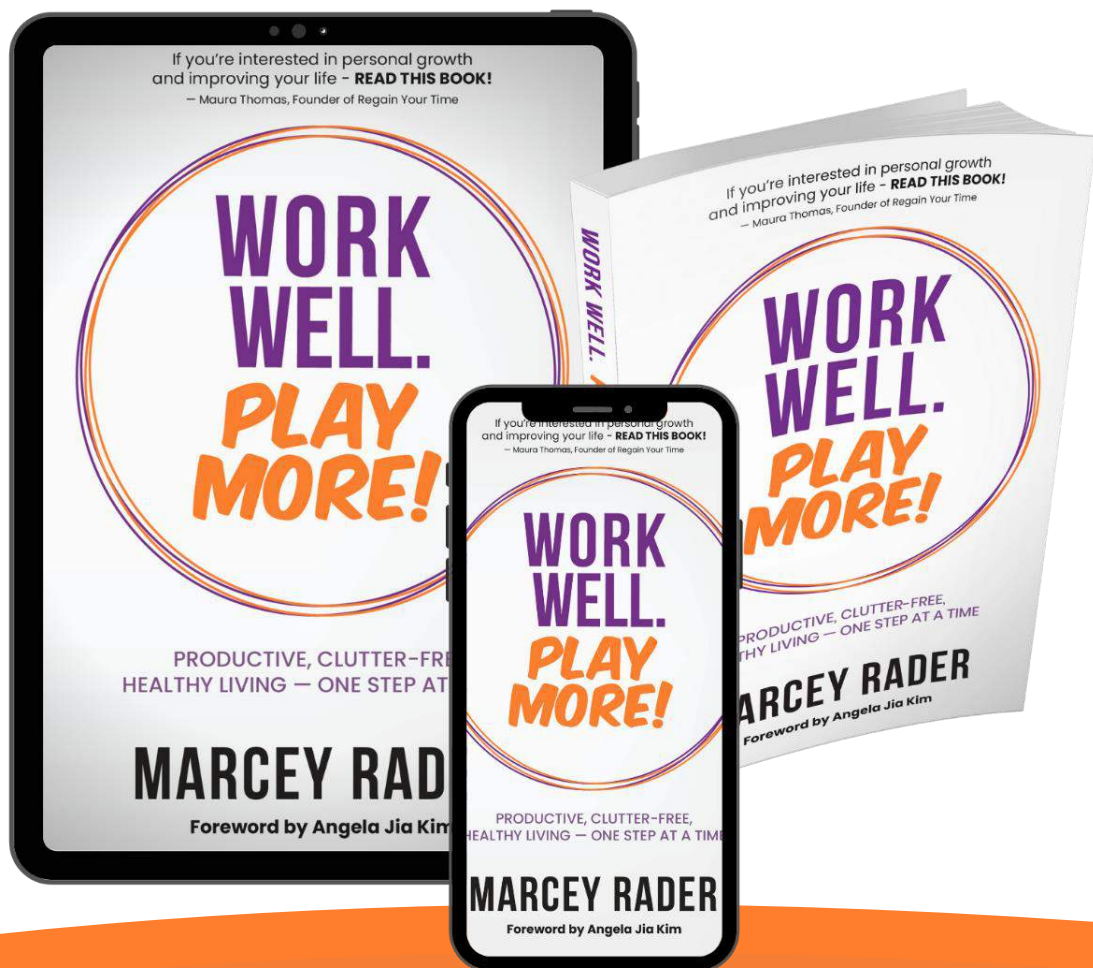
BOOK BENEFITS

- 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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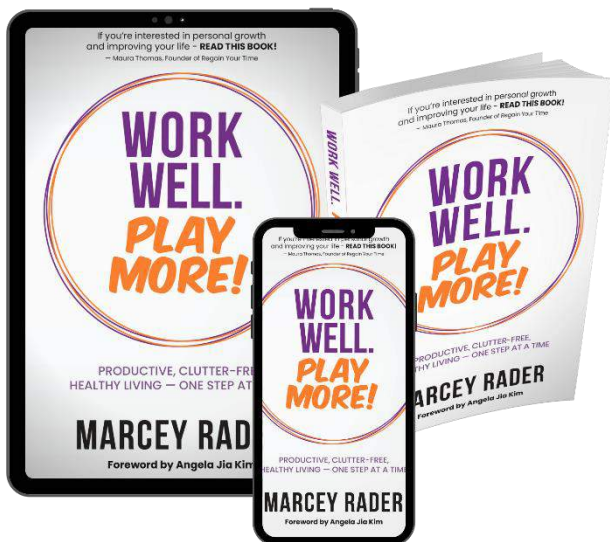
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Connect with **MARCEY RADER**

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