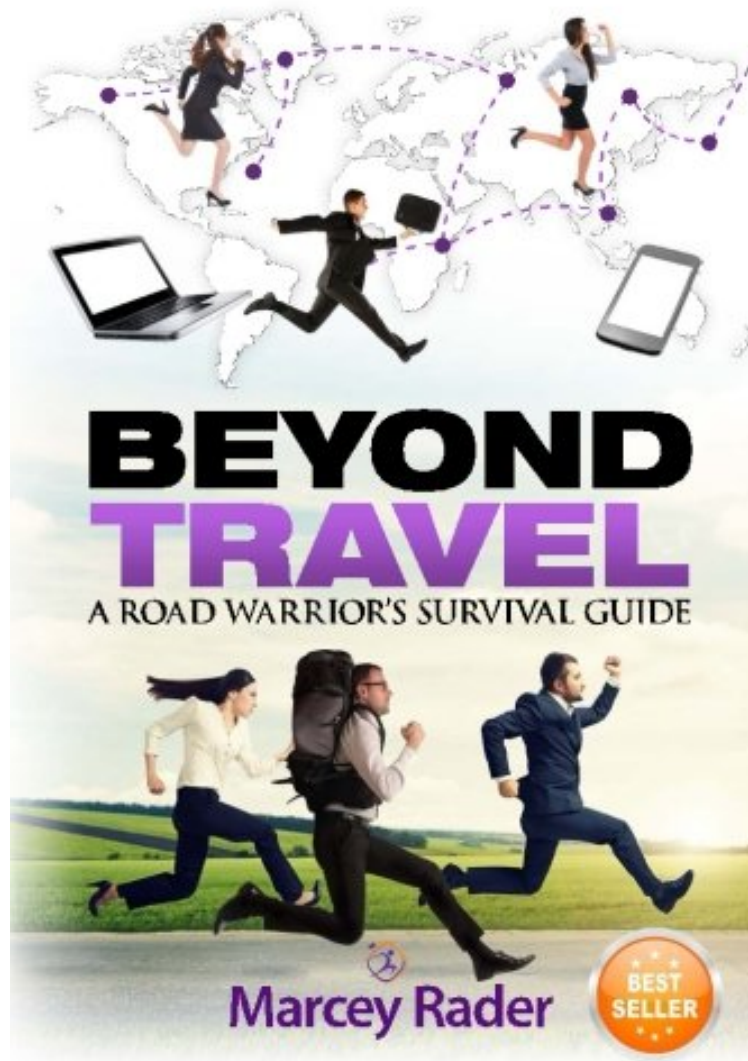


Beyond Travel: A Road Warrior's Survival Guide

Marcey Rader

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Marcey Rader : Beyond Travel: A Road Warrior's Survival Guide before purchasing it in order to gage whether or not it would be worth my time, and all praised Beyond Travel: A Road Warrior's Survival Guide:

1 of 1 people found the following review helpful. If you think you're being productive, think again!By Sylvia I.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 Raders 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. 1 of 1 people found the following review helpful. A very pleasant surprise. By 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! 2 of 2 people found the following review helpful. Marcey is in the Mind of This Road Warrior By Brad D. Messner Marceys 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 Warriors Survival Guide a must-read for any road warrior. After having finished the book several days ago, I got the best nights sleep I have had in ages. I wish I had read Marceys 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.

Marcey Rader, Productivity and Health Expert and The Savve Traveler for Extended Stay America Hotels, uses her ten plus years of corporate business travel experience, her diverse background in wellness, operations management, corporate training and productivity with the intention to empower Road Warriors everywhere! She knows firsthand that business travel isnt part of your job. Its a lifestyle. You don't have to sacrifice your health and productivity on the road. It's 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. Barbara Hemphill, Founder, Productive Environment Institute and Author, Less Clutter More Life This book is fun, dynamic, high-octane goodness that no on-the-go badass can do without! Eyenie Schultz, The Technicolor Priestess and SoulStyle Alchemist After having finished the book several days ago, I got the best nights sleep I've had in ages. I wish I had read Marceys words 300,000 air miles ago! Brad Messner, Eternal Road Warrior and Founder, Travel Development Group This book is jam-packed with health and productivity hacks for hotel, air, auto and home! The easy-to-read format guides you through apps and programs designed specifically to streamline your life, and behavioral changes to help you eat for energy, find movement opportunities, and sleep like a champ. You'll develop productivity habits to control your inbox, master your calendar, and complete your tasks to Work Well and Play More! BONUS! Buyers get special access to hidden online chapters with all links, references, resources, and discounts cited in the book. You dont have to spend your weekends catching up, only to hop on the travel treadmill Monday morning. Youll be educated, empowered and even entertained. With these tactics, youll feel better and find more time to play or make more money your choice. Whether its nutrition, exercise or productivity, Marcey shows how business travel isnt just part of your job, its a lifestyle that can be mastered. Stan Phelps, Author of Purple Goldfish, Green Goldfish, and Golden Goldfish and Founder, 9 INCH Marketing I love the reminder to "surround yourself with people you can learn from that are better than you at whatever aspect of your life you are trying to improve. Lifes too short to sit around on the bench. Trust me...You'll want Marcey on your 'A-team'! Diana M. Needham, Needham Business Consulting This is the most comprehensive, yet practical book I have ever read on staying healthy, vital and primed for success while on the road with just the right touch of theory to application. - Gregory Florez, Author, and CEO, V2Performance If you are a business traveler, road warrior or mobile professional who doesnt want to sacrifice your health to climb the ladder of success, this book is for YOU!

About the Author Marcey Rader is a coach, speaker, and bestselling author specializing in helping business travelers climb the professional ladder and travel without sacrificing productivity and health. Marcey coaches individuals and teams how to eat for energy, find movement opportunities during hectic days, efficiently control the inbox and manage their calendars to Work Well and Play More! Marcey partners with Extended Stay America Hotels as the Savve Traveler and brings an impressive resume of accomplishments including creating the Jetsetter Gym Kit, the 25 in 25 and 10 by 10 exercise challenges on Coach.Me and author of several publications including 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 Alpha Efficiency, Shape, Eating Well and Training Edge Magazines. For more information visit www.marceyrader.com.