



Beyond Travel: A Road Warrior's Survival Guide

Marcey Rader

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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 isn't part of your job. It's 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 night's sleep I've had in ages. I wish I had read Marcey's 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 don't have to spend your weekends catching up, only to hop on the travel treadmill Monday morning. You'll be educated, empowered and even entertained. With these tactics, you'll 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 isn't just part of your job, it's 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. Life's 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 doesn't want to sacrifice your health to climb the ladder of success, this book is for YOU!

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