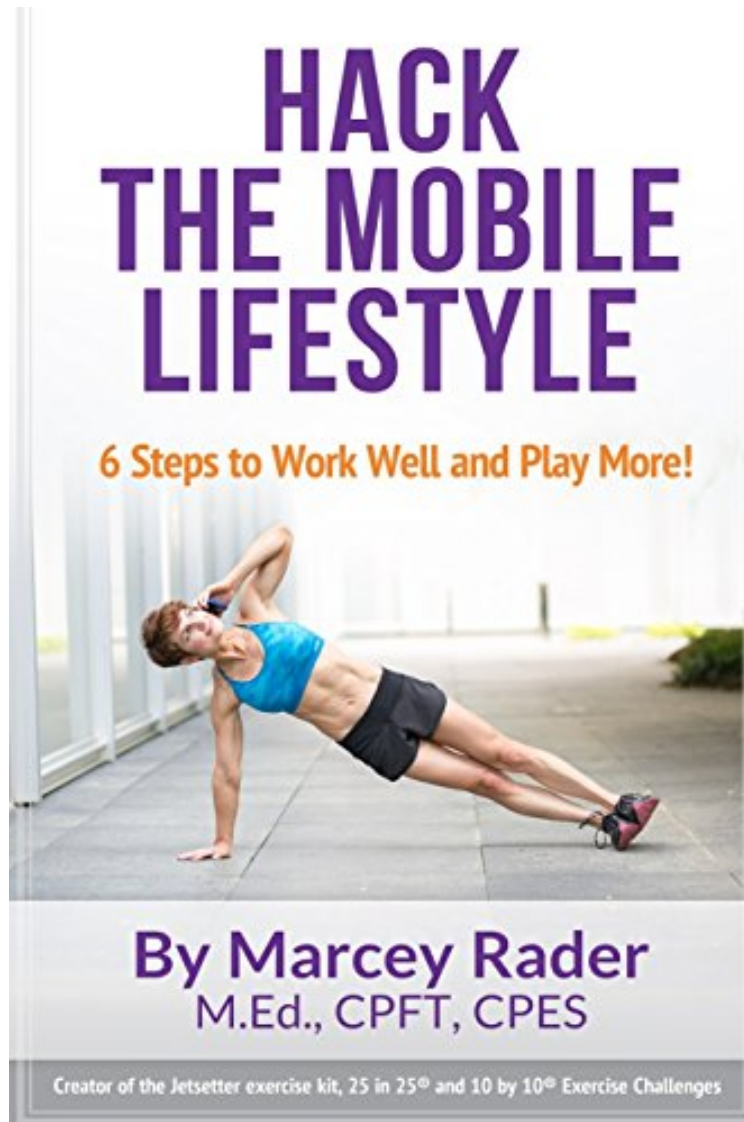


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0 of 0 people found the following review helpful. Worth EVERY penny! You NEED this book.....By Magic
MarkersWhether you travel for weeks at a time, or only once a year, this book is essential to anyone that travels for

business. There is a wealth of information in this book, and you will refer to it time and again. I am a homeschooling mom and work with a non-profit organization out of my home. Marcey's Step 4 - Mobile Office chapter has helped increase my daily productivity and organization. I also like her "Action!" chapter - what do you WANT? How are you going to GET IT? Marcey Rader uses an enjoyable and fun conversational tone with her writing - it is like you are sitting down with a friend at your local coffeehouse. She has added in snippets from her own life - you get to know a bit of the author as you read. By the end, you know how much she wants you to be healthy - as you travel, at home, in your diet, in your relationships. This book is not just for MoPro's - anyone can use the information in this book to help themselves (as Marcey says) WORK WELL and PLAY MORE (TM)! 0 of 0 people found the following review helpful. Small changes, big impact! By W. Allen Lockwood I highly recommend this book for everyone, not just for those who travel for a living. I don't travel regularly for work but who doesn't want to work smarter and Play More! I appreciated Marcey Rader's actionable suggestions on making small behavioral changes to improve health and being more productive at work. I started trying Marcey's tips as I was reading (no need to wait until the end) and saw immediate results. My email inbox is now clean and I no longer have to worry about remembering user names and passwords! What I thought was refreshing about the book was the way Marcey delivers the information with such humor and honesty. I laughed out loud hearing her anecdotes of traveling for work. Marcey's firsthand experience gives the book great credibility. Fantastic book! 0 of 0 people found the following review helpful. Work Life Balance made simple By C. Corbin I really enjoyed reading this book. I only travel minimally for work, but this book still had a lot of good ideas for me to implement. Marcey is a self-described process person and she shares her processes and tools for everything from making healthy eating choices on business trips, finding time to exercise, managing emails, getting sleep, and finding an all-around work life balance. In a culture where it's almost a bragging point to be busy, she points out that busy is not always productive. She gives a simple plan for creating new and healthy habits for a better lifestyle. I have already recommended this book to some people who have mentioned they are trying to stay healthy on the road. I highly recommend this book to anyone who spends time in a traveling work environment.

Do you travel for your J-O-B and give up on health and fitness because it's too hard to eat right and exercise? Are you a constant multitasker that can't seem to cut down on that task list? Have you walked miles in the airport, sweated in the hotel fitness center, wasted time tracking miles and left your cord in a coffee shop outlet? Marcey Rader, The MoPro Coach and Lifestyle Trainer to Mobile Professionals, is a NASM Certified Personal Trainer and PEI Certified Productivity Coach, who traveled in the corporate world for 13 years. She knows first hand that business travel isn't part of your job, it's a lifestyle. She'll teach you the hacks you need to be healthy and productive in the areas of 1) Air Travel 2) Hotel 3) Auto 4) Mobile Office 5) Parties/Conferences/Meetings 6) Home. Small changes create big results over time. Hack the Mobile Lifestyle incorporates behavior change into delivering the life you want to lead. Quick, easy steps that provide solutions to your mobile issues. Chapters include topics such as Airport Nutrition, Airport Meetings, Packing for Travel, Suitcase Essentials, Sleeping on the Road, Hotel Safety, Stress Reduction, Mobile Productivity, Email Management, Task Prioritization, Time Management, Virtual Assistants, The #1 Biggest Mistake at Parties and Meetings, Relationships and Connection and Making Your Home Easier for Travel, and much more! It doesn't matter if you travel internationally, domestically or locally, if you spend time being mobile for your job, this book is for YOU! Stop making excuses and start maximizing your health and productivity. If you want to Work Well, Play More and feel like a superhero - click on the orange 'ORDER' button in the top right corner of this page!

About the Author Marcey Rader is a Lifestyle Trainer with a B.S in Exercise Science, M.Ed. in Health Promotion, is certified by the National Academy of Sports Medicine as a Certified Personal Trainer and is a Certified Productive Environment Specialist. She is the creator of the Jetsetter Exercise Kit, and the 25 in 25 and 10 by 10 exercise challenges with Lift.do. She provides customized health and productivity solutions to mobile professionals, works with small businesses and is a professional speaker. Her primary goal in life is to Work Well, Play More and feel like a superhero. Don't you want to? Visit her at www.marceyrader.com, on Facebook at [MarceyRaderCoaching](https://www.facebook.com/MarceyRaderCoaching) and @MarceyRader on Twitter.