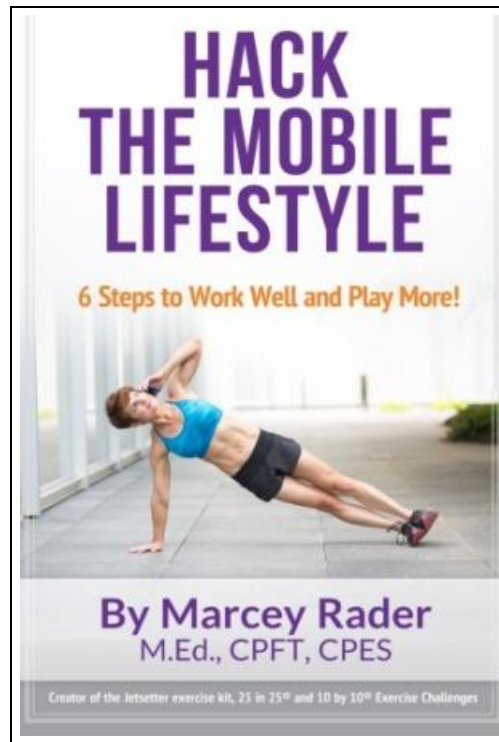


Hack the Mobile Lifestyle: 6 Steps to Work Well and Play More!



Filesize: 8.86 MB

Reviews

*I just started out reading this pdf. It is full of wisdom and knowledge You are going to like just how the blogger publish this publication.
(Lily Gorczany)*

HACK THE MOBILE LIFESTYLE: 6 STEPS TO WORK WELL AND PLAY MORE!



Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.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 -...



[Read Hack the Mobile Lifestyle: 6 Steps to Work Well and Play More! Online](#)



[Download PDF Hack the Mobile Lifestyle: 6 Steps to Work Well and Play More!](#)

Related eBooks



Because It Is Bitter, and Because It Is My Heart (Plume)

Plume. PAPERBACK. Book Condition: New. 0452265819 12+ Year Old paperback book-Never Read-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST with...

[Download Book »](#)



Readers Clubhouse Set B What Do You Say

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. Ann Losa (illustrator). 142 x 13 mm. Language: English . Brand New Book. This is volume six, Reading Level 2, in a comprehensive program...

[Download Book »](#)



Read Write Inc. Phonics: Purple Set 2 Storybook 3 Big Blob and Baby Blob

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 210 x 145 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read...

[Download Book »](#)



A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half

Createspace, United States, 2014. Paperback. Book Condition: New. 251 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.The ultimate learn-by-doing approachWritten for beginners, useful for experienced developers who want to...

[Download Book »](#)



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and...

[Download Book »](#)