

WORK WELL. **PLAY MORE!**

Looking for an easy-to-use, adaptable guide with clear steps to create new habits? Kick your productivity and health into high gear over a year by taking practical, achievable actions in three areas:

- productivity
- organization
- health and wellness

Are you a novice, master, or pro? Find out and choose your own adventure to Work Well and Play More!

This book has found its place in my library beside David Allen, Steven Covey, and Jack Canfield. I highly recommend Work Well. Play More!® to everyone—friends, relatives, even strangers. I bought copies for my entire staff. – **David Goldston, President of Veracity Logic, LLC**

If you're looking for a guide to be your best self, this is the playbook you can count on—day after day, year after year. Marcey's book provides you with many options not only to start on the road to productive, clutter-free, healthy living but to stay there for as long as you live. – **Barbara Hemphill, Founder of the Productive Environment Institute**



Marcey Rader is an award-winning speaker, sought-after productivity coach, and accredited health and wellness expert. As the founder of Work Well. Play More!®, she declutters your mind, body, and business, one habit at a time. Escalate your energy, work well remotely, conquer the calendar, master tasks, and extinguish email. For more information, visit <http://www.workwellplaymore.com> and <https://www.marceyrader.com/>.

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MARCEY RADER



If you're interested in personal growth and improving your life – **READ THIS BOOK!**

– Maura Thomas, Founder of Regain Your Time



PRODUCTIVE, CLUTTER-FREE,
HEALTHY LIVING – ONE STEP AT A TIME

MARCEY RADER

Foreword by Angela Jia Kim