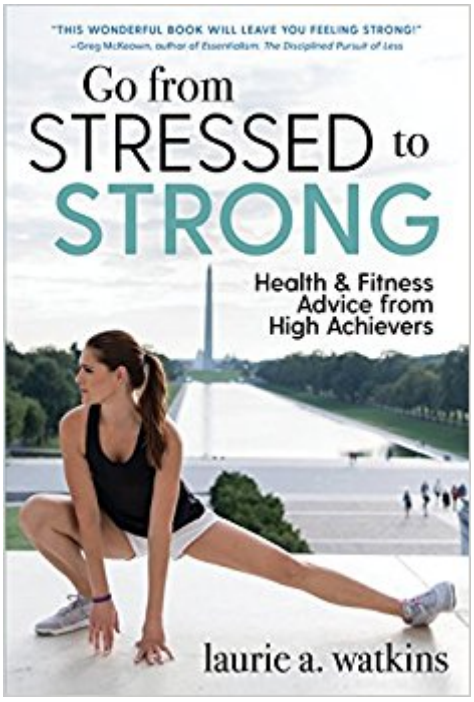
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Go From Stressed To Strong: Health And Fitness Advice From High Achievers



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Synopsis

Go From Stressed to Strong is about the war with the unhealthy habits of our stressful lives. Laurie A. Watkins provides readers with practical and proven tools she designed along with health and wellness experts to get on the path to a healthy lifestyle in a 24-7 world. Prompted by WatkinsÃ¢â ¬â„¢s own experiences while working inside the world of two presidential campaigns and other high-stress working environments, she shares her own stories as well as stories from prominent men and women across a wide range of industries on their experiences and how they came out the other side. Bestselling author and TV host Bill Nye “the Science Guy,Ã¢â ¬Â• 2016 CrossFit Games competitor and RN Christy Adkins, professional speaker and Army veteran Dan Nevins, restaurateur Jamie Leeds, two-star Michelin-rated chef JosÃƒÂ© AndrÃƒÂ©s, and former White House staffer Phil Larson are some of the many voices featured.Go From Stressed to Strong is for everyone with a busy lifestyle who thinks they canÃ¢â ¬â„¢t fit in being healthy—whether a CEO, a full-time student, a CPA during tax season, or a full-time parent. Watkins reveals how to handle specific challenges to health—sleep deprivation, poor diet, and stress. In doing so, she encourages readers to command their day now, giving them the energy and strength today to make it through tomorrow and the day after that.

Book Information

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Customer Reviews

Ã¢â ¬Å“The best asset we have for making a contribution to the world is ourselves. If we under-invest in ourselves, we damage the very tool we need to operate at our highest point of contribution. This is brilliantly illustrated in Go From Stressed to Strong where Laurie masterfully

combines sound principles with captivating stories. She shows how we can tap our own mighty resources, adding to both the quality and quantity of our lives, no matter the circumstance. This wonderful book will leave you feeling strong!Ã¢â ¬Â• -Greg McKeown, author of the New York Times bestseller Essentialism: The Disciplined Pursuit of Less Ã¢â ¬Å“This book is truly a must-read. For anyone out there looking for an informative, motivating, and powerful book to help you find your inner strength to eat, sleep, exercise, and live better (which is probably everyone!), this is a great and entertaining guide. Laurie's account of her own experiences, along with the guidance of experts in every field, has both a personal approach and something everyone can relate to. You'll definitely reflect on yourself while finding your inner strength to muscle through to a happier and healthier life.Ã¢â ¬Â• -Ilyse Schapiro, MS, RDN and Hallie Rich: authors of Should I Scoop Out My Bagel?

Laurie A. Watkins is an accomplished writer, public speaker, communications specialist, seasoned political strategist, and entrepreneur. She has worked on two presidential campaigns, served in positions from Capitol Hill to the Pentagon, and more recently returned to guest lecture at West Point, The United States Military Academy. A native Floridian, Laurie currently thrives in California with her partner Rob and their dog Whiskey Bravo.

Go from Stressed to Strong is very well written, structured, and offers proven advice - easily backed by science. The personal stories even brought a few tears to my eyes (I'm an Iraq Freedom Vet). The book was a very quick read, as I completed it in one day. I am looking to better handle the rigors of school and running my own company, and this book gave some solid guidance on how I can get my life back in order. I'm also signed up for Laurie's periodic (email) blogs, and they are very informative and fun. She also helped my cooking as she's always posting paleo friendly meals on her social media sites. I'm sleeping better too. Thanks LAW!!

With courageous authenticity about her own life that leads to the crucible that enough was enough, Laurie walks all of us through insights for a happier, healthier, fitter, and fulfilled life. Her partnerships with those she interviewed are right on. She reminds me of another powerful woman, Angela Duckwork(Grit), who gets it about following her passion. She too follows the trend of first figuring out what you are passionate about by going through your journey. Then finding it and developing it and self-correcting along the way. Finally, the path of deepening your passion with a lifetime commitment to your craft. Laurie clearly is on the final path of deepening her passion in her

first book. The best part of deepening is that it includes others who are trying to figure how to have it all. Well, she just gave us the formula to vet, experiment with and validate this noble idea that anyone can go from Stressed to Strong.

I really enjoyed Go from Stressed to Strong which is cleverly written to address professional stress, sleeplessness with healthy mindset, nutrition and fitness via interviews with varied and well known professionals including Bill Nye the Science Guy, Motivational Speaker Dan Nevins, Michelin rated Chef Jose Andres, crossfit athletes and White House staffers. Its a fun, quick read packed with useful information and written with the message that you are not alone in the struggle to balance priorities and stay happy and healthy. 5-stars!

This book is truly a must-read. For anyone out there looking for an informative, motivating and powerful book to help you find your inner strength to eat, sleep, exercise and live better (which is probably everyone!), this is a great and entertaining guide. Laurie’s account of her own experiences, along with the guidance of experts in every field, has both a personal approach and something everyone can relate to. You’ll definitely reflect on yourself while finding your inner strength to muscle through to a happier and healthier life.

Not only overwhelmed young professionals needing help, but anyone can enjoy and learn from this book- even us 80-somethings! You will find the tools to re-examine and "reset" your life, at any stage, and to take control of the vital factors that affect your sense of wellbeing, health, and strength. Laurie’s amazing personal stories of her own stressful work and travel history, and entertaining interviews with such super-busy notables as Bill Nye (The Science Guy), even with those coping with traumatic physical handicaps, are enlightening and inspiring. A serious but fun easy read!

Laurie Watkins is a gifted storyteller and with the help of some of her colleagues and friends has crafted a brilliant compilation of real life stories to motivate and inspire anyone who is looking to gain more strength and control in their life. In her book, Laurie is not only practical but vulnerable and authentic. Great recipe ideas and workout tips are added bonuses. I highly recommend "Go from Stressed to Strong"...you will take away some nugget of information that will help you live a better life.

I liked the theme of the book, but found it to be too short and too simple. I would have liked the author to delve a little deeper into ways to relax and a hard core plan.

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