



ElizGreene
Low Stress & Great Success
Bio (do NOT read as an introduction)

Long Version

Eliz Greene is an author, blogger, and professional speaker who is ridiculously excited about stress. She not only finds the chemical reaction in the body caused by stress fascinating, but knows protecting your heart from stress isn't a "nice-to-have." Her latest book, *Stress-Proof Your Life*, offers implementable strategies to combat uncertainty, overcome overwhelm, and improve performance and quality of life.

With a surgically repaired heart, Eliz also knows stress management an essential survival skill. Surviving a heart attack at age 35 while seven months pregnant with twins propelled Eliz on a mission to share her story to inspire other busy people to pay attention to their health. Just days after her heart stopped and she endured open heart surgery and a cesarean section delivery, Eliz held both her daughters together for the first time. Amazingly, despite the pain and uncertainty, what she felt most strongly was contentment. Her priorities were crystal clear. She knew she'd been given a second chance at life and a unique perspective for a reason. For nearly two decades, Eliz has been on a mission to inspire busy people to pay attention to their heart health. Recognizing stress as an essential and often under-addressed risk factor, Eliz conducted a research study on job stress.

She was named as a Top Online Influencer on Stress and Heart Health. She's been seen on CNN, PBS, Lifetime, TNT, and many national and local news programs. A national spokesperson and advocate for the American Heart Association, Eliz received the Heart Hero Award in 2010. Today, Eliz enjoys life with her wonderful husband, Clay, their beautiful (now adult) daughters.

Short Version

Surviving a heart attack at age 35 while seven months pregnant with twins propelled Eliz Greene on a mission to share her story to inspire other busy people to pay attention to their health. Recognizing stress as an essential and often under-addressed risk factor, Eliz conducted a research study on job stress. Her latest book, *Stress-Proof Your Life*, offers implementable strategies to combat uncertainty, overcome overwhelm, and improve performance and quality of life.

She was named as a Top Online Influencer on Stress and Heart Health. She's been seen on CNN, PBS, Lifetime, TNT, and many national and local news programs. A national spokesperson and advocate for the American Heart Association, Eliz received the Heart Hero Award in 2010. Today, Eliz enjoys life with her wonderful husband, Clay, their beautiful (now adult) daughters.

Super Short Version

Eliz Greene survived a heart attack at 35 while 7 months pregnant with twins. Her latest book, *Stress-Proof Your Life*, offers implementable strategies to combat uncertainty, overcome overwhelm, and improve performance and quality of life.