



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

Long Version

Eliz Greene is ridiculously excited about stress.

She not only finds the chemical reaction in the body caused by stress fascinating, but stress is also her favorite topic to speak about, write about, or discuss in line at the grocery store.

With a surgically repaired heart, Eliz also knows stress management isn't a 'nice-to-have,' but rather 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.

Eliz is an author and writes a Top Health and Wellness Blog. 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. Organizations such as NASA and CVS have used her strategies to reduce workplace stress. Today, Eliz is happy and healthy living in Milwaukee, Wisconsin, with her wonderful husband, Clay, their amazing (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. Eliz is an author and writes a Top Health and Wellness Blog. 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. Organizations such as NASA and CVS have used her strategies to reduce workplace stress. Today, Eliz is happy and healthy living in Milwaukee, Wisconsin, with her wonderful husband, Clay, their amazing (now adult) daughters.

Super Short Version

Eliz Greene survived a heart attack at 35 while 7 months pregnant with twins and shares her story and job stress research to inspire other busy people to pay attention to their health.