



## **Bio** (do **NOT** read as an introduction)

### **Long Version**

Surviving a heart attack at age 35 while seven months pregnant with twins, Eliz knows stress management isn't a 'nice-to-have' but rather an essential survival skill. 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 over 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 developed the **Stress-Proof System** to protect high-performing people from the stress they can't avoid.

Eliz is an author and writes a Top Health and Wellness Blog. She was named 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. Eliz, a national spokesperson and advocate for the American Heart Association, 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, and their amazing (now adult) daughters.

### **Short Version**

Surviving a heart attack at age 35 while seven months pregnant with twins, Eliz knows stress management isn't a 'nice-to-have' but rather an essential survival skill. For over 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 developed the **Stress-Proof System** to protect high-performing people from the stress they can't avoid. Eliz is an author and writes a Top Health and Wellness Blog. She was named 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. 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, and their amazing (now adult) daughters.

### **Super Short Version**

Eliz Greene survived a heart attack at 35 while seven months pregnant with twins. She uses her story, job stress research, and the **Stress-Proof System** to protect high-performing people from the stress they can't avoid.