



# HAVING YOUR ALL

How self-care leads to an **Energized, Empowered, and Effective** life

HavingYourAll.com

by: Emma J. Fogt MBA, MS, RDN and Nisha R. Shah MPH, RDN

## BOOK SUMMARY

Are you ready to feel **energized** ... to be **empowered** in your life choices ... to be **effective** in how you lead your life, both personally and professionally?

Finally a solution for the whole 'having it all' debate with concrete strategies to promote meaningful success and well-being for women!

In ***Having Your All***, Lifestyle Experts Emma Fogt and Nisha Shah show you how to:

- Define what success means to you ... on your terms
- Achieve a more balanced and meaningful life
- Integrate the 5 Power Habits of **Purpose, Rejuvenation, Balance, Move, and Nourish** into your lifestyle
- Sustain optimal health and well-being for maximizing effective leadership
- Gain control of your time and energy so you can focus on the things that are essential to your goals and self-care

## AUTHORS BIO

Emma Fogt MBA, MS, RDN and Nisha Shah, MPH, RDN are award-winning experts in nutrition and lifestyle medicine. They are sought after internationally for their presentation services, media work, and corporate programs in the areas of health & productivity, leadership, and wellness. Together, they have over 45 years of experience moving busy professionals toward better self-care. As wives and working mothers living on both the East and West coasts, they understand the challenges of maintaining a sense of balance and well-being in today's world. Come explore their strategies for success in leading empowered, energized, and effective lives!



# HAVING YOUR ALL

How self-care leads to an **Energized, Empowered, and Effective** life

HavingYourAll.com

by: Emma J. Fogt MBA, MS, RDN and Nisha R. Shah MPH, RDN

## TABLE OF CONTENTS

### ACKNOWLEDGEMENTS

### INTRODUCTION

#### **PART 1: THE FULL-PLATE SYNDROME™**

Chapter 1- Having It All—Redefined

Chapter 2- How Did We Get Here In The First Place?

Chapter 3- The “Exhausted” Woman

#### **PART 2: STRUGGLING WITH THE JUGGLING**

Chapter 4- Should We Lean In, Lean Out, Or Just Stay In Bed?

Chapter 5- Stress 9-5 And Beyond

Chapter 6- The “Evolved” Woman

#### **PART 3: HAVING “YOUR” ALL**

Chapter 7- Define Your Values/Define Your Success

Chapter 8- Living With Passion

Chapter 9- Choose Happy

#### **PART 4: YOU FIRST!**

Chapter 10- Success Through Self-Care

Chapter 11- No More Excuses

Chapter 12- Get Your Groove On

Chapter 13- Get Ready, Mind Set, Go!

#### **PART 5: THE 5 POWER HABITS**

Chapter 14- It’s Time To Power Up!

#### **POWER HABIT #1: PURPOSE**

Scratching The Itch

Finding Flow

Discover Joy In Every Day

Get Creative

Authentic Self

Don’t “Should” On Yourself

The secrets of Happy Women

Attitude of Gratitude

Maintain Curiosity

Build Your Personal Power

#### **POWER HABIT #2: BALANCE**

The Present of Presence

Take Back Your Time

Tame The Monkey Mind

Get Organized

Simplify, Simplify, Simplify

Stress-Free Living

Live In Moderation

Face Time

No Hocus Pocus in Focus

The Balance Leader



# HAVING YOUR ALL

How self-care leads to an **Energized, Empowered, and Effective** life

HavingYourAll.com

by: Emma J. Fogt MBA, MS, RDN and Nisha R. Shah MPH, RDN

## **POWER HABIT #3: REJUVENATION**

Sleep Is Not a Luxury  
It's Playtime!  
Get Away/Retreats  
Get Unplugged  
Energy Boosters

Laugh, Giggle, Smile  
Read This  
Get Outside  
Small Fixes for Big Results  
Make a Style Statement

## **POWER HABIT #4: MOVE**

Make Moving Fun  
Mind-Body Activities  
Stand Up Straight  
Be Strong  
Fitting Fitness In

Metabolism Boosters  
Walk This Way  
Flexibility & Balance  
Partner Up  
Nature's Calling

## **POWER HABIT #5: NOURISH**

Super Food Multi-Taskers  
Energize Your Day  
Think Your Drink  
Mindful Eating  
The Nutrition Essentials  
Carb Conundrum

Fruits and Veggies  
Weight Management  
Eating On The Go  
Eat Clean  
Go Green

## **CONCLUSION**

## **NOTES: References & Bibliography**

## **BIOGRAPHIES**

Emma Fogt MBA, MS, RDN, FAND  
Nisha Shah MPH, RDN



# HAVING YOUR ALL

How self-care leads to an **Energized, Empowered, and Effective** life

HavingYourAll.com

by: Emma J. Fogt MBA, MS, RDN and Nisha R. Shah MPH, RDN

## INTERVIEW QUESTIONS

1. As health professionals, what do you see women struggle with the most in today's world?
2. How did you come up with the five 5 Power Habits?
3. What motivated you to write this book? How was the idea of the book conceived?
4. What are some of the key concepts you want women to grasp from your book?
5. Were there any surprising things you discovered while researching and writing the book?
6. What were some of the challenges (research, psychological, or logistical) in creating the book?
7. Share your thoughts on the messages for women in Sheryl Sandberg's book, "Lean In".
8. What are some of the major contributors to women overloading their plates?
9. In the book, you touch upon the historical progression of women's roles and responsibilities. Why is that so important for today's woman?
10. What actions from the Power Habits do the two of you incorporate?
11. What is your hope for this book? What influence would you like it to have?
12. Tell us more about the work you do outside of the book?
13. Considering the state of women's health today, why do women have such a difficult time prioritizing their self-care?
14. You both of daughters, what influence do you hope your book will have on their lives?
15. Why a book geared towards women only? Can the book be applied to men?



# HAVING YOUR ALL

How self-care leads to an **Energized, Empowered, and Effective** life

HavingYourAll.com

by: Emma J. Fogt MBA, MS, RDN and Nisha R. Shah MPH, RDN

## TALKING POINTS

- Concrete solutions to the whole “having it all” conversation
- The 5 Power Habits every woman needs to know to make 2014 their most successful year
- Say “NO” to struggling with the juggling!
- The top challenges female CEO’s face today
- Do you suffer from ‘full-plate’ syndrome?
- How to move from being exhausted to energized, empowered, and effective
- What have we learned from a year of “Leaning In”
- Is it time for women to ‘power up’ or ‘power down’?
- Success through self-care
- Get your groove on!
- Don’t “should” on yourself
- Build your personal power
- Take back your time
- Taming the ‘Monkey Mind’
- Sleep is not a luxury
- Energy boosters to maximize your day