

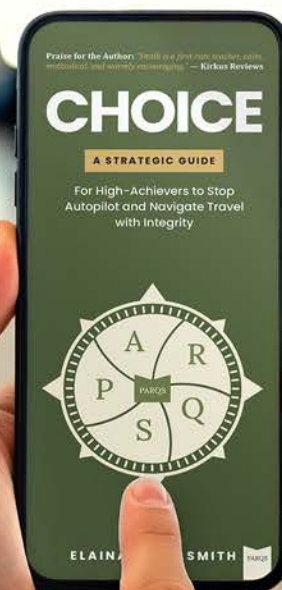
CHOICE

A STRATEGIC GUIDE FOR HIGH-ACHIEVERS TO STOP AUTOPILOT AND NAVIGATE TRAVEL WITH INTEGRITY

For the successful individual who excels on paper but operates on autopilot. CHOICE is a practical, step-by-step strategic guide to reclaiming personal agency in high-pressure environments.

It introduces the PARQS™ Framework (Preferences, Awareness, Right Action, Questions, Self-Acceptance)

— a tangible multi-tool designed to help mobile professionals transition from a passive passenger to an intentional navigator of their own complex journeys.



ABOUT THE AUTHOR

Elaina Kelly Smith is a best-selling, award-winning author and the founder of Ventures & Bloom Press. Her work centers on self-trust, reflection, and intentional living, drawing from extensive solo travel across seven continents and the practical application of her proprietary framework.



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VALUE AT A GLANCE

- **A Practical System, Not Philosophy:** Introduces the PARQS framework, a concrete step-by-step multi-tool built for high-stress realities.
- **Interrupts the Autopilot Cycle:** Direct, targeted support for professionals experiencing decision fatigue, detachment, or the "remote control living" trap.
- **Real-World Application:** Combines raw stories from an emotionally action-packed global odyssey with tactical micro-practices to build presence mid-transit.

SEGMENT & INTERVIEW OUTLINES (For Producers & Editors)

- **The Autopilot Executive:** Why highly successful people routinely go numb during high-pressure travel, how to spot the hidden signals of a "passenger mindset," and how to actively step back into the driver's seat.
- **Navigating vs. Fixing:** Why standard corporate "self-help fixes" exhaust high achievers. Elaina demonstrates how to treat chaotic environments as terrain to be navigated with a functional compass rather than a problem to be solved.
- **The High-Stakes Choice:** A powerful layout for how to make small, deliberate, aligned choices when executing demanding professional travel.

ADVANCE PRAISE



Praise for the Author: "Smith is a first-rate teacher, calm, methodical, and warmly encouraging."

— **Kirkus Reviews**

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PARQS