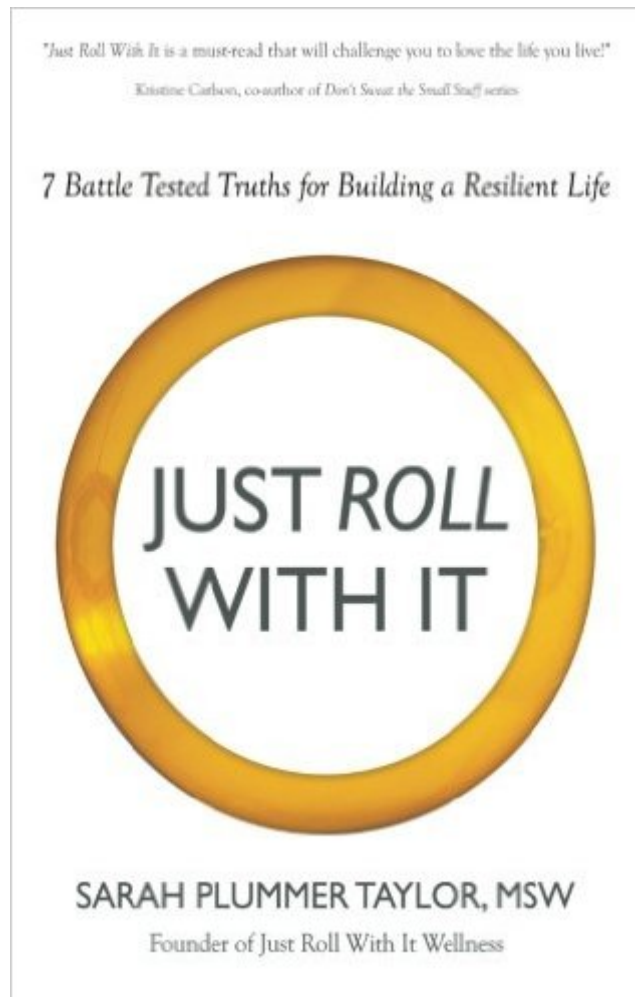


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# JUST ROLL WITH IT! 7 BATTLE TESTED TRUTHS FOR BUILDING A RESILIENT LIFE



## Synopsis

Looking for a shift? The SEMPER Philosophy lovingly detailed in Just Roll With It will help! This book is for veterans and civilians alike. Just Roll With It invites readers to strip away excuses and instead gaze boldly into their own souls, intuition, pain, and capacity for growth. From this place of radical honesty, readers are inspired to take courageous and compassionate action.Â Author Sarah Plummer Taylor's personal story, shared in the form of gripping yet often playful narratives, is woven together with universal truths and insights that empower as much as they inspire. Her prose is witty, warm, and honest. She speaks from her own experience as a US Marine deployed to combat zones, as a military Olympian, as a survivor of the fires of America's broken military judicial system, and as a thriving and joyful wellness and resilience coach.Â With practical tips and suggestions, she shows what it takes to live an authentic, happy life and overcome crushing adversity. She unpacks these insights with thought-provoking honesty and warmth and guides readers from, "I don't know how to change," to "I can take action in my life."Â Â \* \* \* About the Author: Sarah Plummer Taylor, MSW, is a social worker, holistic health coach, and yoga teacher who works in the field of resilience training. Her current focus is on reintegration for military veterans, and she is involved with numerous collaborative research projects in these areas. Sarah is a former Marine Corps Intelligence Officer who spent more than six years on active duty. Sarah currently serves veterans, executives, and entrepreneurs with group and one-on-one holistic health coaching, workshops, and retreats. She is also an in-demand public speaker as well as the co-owner of JRWI Wellness, which provides unique, somatic-based stress management workshops both domestically and internationally. Visit [SemperSarah.com](http://SemperSarah.com)

## Book Information

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## Customer Reviews

Sarah Plummer is one of the most inspiring, authentic and motivational leaders of our generation. Filled with heart-felt, playful stories, Just Roll With It delivers seven simple, yet extremely powerful SEMPER strategies to help you overcome adversity and thrive personally and professionally. Sarah genuinely walks her talk, naturally connecting with readers and audiences around the world with an energetic, refreshing and vibrant spirit. `Just Roll with it`--`Semper Sarah` shows you how a happy, healthy, lifestyle is really that easy!

JRWI is a joy to read, and the hardcover is lovely. I will give several copies as gifts this year. Sarah's tone is witty, warm, and honest as she shares some simple principles for improving our own strength and resilience. Intended for those who want real tips on how to make change- to smile, act, and embrace agency without wallowing or whining about how hard "it" is. The collection of stories made me laugh! It left me thinking; savvy advice expressed throughout, worth my time.

Sarah's book does an excellent job of both organizing and elaborating upon key principles for living an authentic and joy-filled life, and it is especially inspiring as the principles are rooted in Sarah's own stories and life experience. I have sometimes hit crossroads where I find myself depressed or discouraged, usually when different parts of my life have gotten out of balance and the stresses of work, finances, relationships and other factors have sapped all the energy and joy out of life. I was at one of those junctures recently, and Sarah's book, Just Roll with It, was invaluable in helping me rebalance my priorities and start living my life again out of a place of authenticity and identity, drawing upon my faith and personal strengths of compassion and kindness. We all need to occasionally reassess where we are at, bring the important things in life back into focus, reprioritize our relationships and activities, and show up in a more authentic way in the lives of others. Just Roll With It is a great tool for helping someone accomplish that, as it provides fresh thoughts and insights and presents questions for reflection. It's also very accessible and easy to read.

Sarah's book, Just Roll With It, was something I read in a single evening that has refocused my life and helped me make positive changes for the coming year. If you're an entrepreneur, military veteran, or someone who has struggled with failure in your past, Sarah's SEMPER steps for success will help you to "Just Roll With It" in order to maintain a positive attitude and outlook on life.

Paired with her live bootcamp event, this book will truly set you up for success in your own life. For me, the action plan it contains will be a point of reference for years to come. The questions for self-reflection are also something I am most grateful for. Take action, digest this content, and put JWRI to action in your own life! Thanks Sarah for being genuine-- most of all AUTHENTIC -- by sharing your stories in this book so openly.

You've done it, Sarah Plummer Taylor! Grabbed our hearts and helped us gain clarity about what really matters with your authentic, gutsy, yet tender book. This is a critical book for those who want tools to truly live from the heart, from our deepest values. Well Done!

Sarah is a lot like me. A military veteran and UVA grad who has learned to roll with the punches. She has found what works for and enthusiastically shares her positive ways of life. She gives vivid examples of how her vision works and why. You can feel her passion for life and helping others improve their lives, dripping off the page. If you want to live a better life and improve the lives around you, this book is for you. Sarah is living her dream life authentically and she gives back to the world over and over again by sharing her secrets of a good life by being vulnerable about her past, present and future. Well done Sarah!

Exactly what I was looking for as I head into the new year. This book is a treasure. Sarah's SEMPER strategies are inspirational and applicable. It's one of those rare books you will find yourself rereading at different stages of your life. A must own!

This is an amazing book. Sarah kept my attention the whole time, and left me inspired to do more with my life. I believe everyone, military or civilian, can learn so much from this book. Sarah is as authentic as they get, and I so appreciate her putting pieces of her life into a book so we could learn from her and be inspired! Having spent time with Sarah in person, I truly believe she is picture of what it means to be resilient. She causes people to look beyond the present, into the future and all that life has to offer if you'll just reach out and do something. I encourage everyone to pick up this book and take a long, hard look at where you're going and where you want to be in life. I love how her humility, sincerity, and love for people comes through in this book. Thank you, Sarah, for taking the time to write it!

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