



CLAIM YOUR INNER WARRIOR



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Kate McKay is a speaker, coach, best-selling author, podcaster and athlete. Despite the tragic loss of her son Will in 2017, Kate is proof that we are all capable of manifesting the best version of ourselves. Kate's journey inspired her to write a book geared toward helping people live the life they deserve by claiming their own inner warrior. Kate is passionate about helping others. Her enthusiasm for life wows her many fans!

In her no-holds-barred style, Kate McKay shows us the key to reclaiming our lives comes from within. By tackling your mental and physical health, you open up opportunities to improve your life every single day. This is what claiming your inner warrior looks like.

For decades, addressing mental health has held people back from being their complete selves, especially men. "Life is what you make it, and bouncing back from adversity relies on the warrior within each of us. Commanding your mental and physical health is just the beginning to claiming your inner warrior." McKay's latest book breaks down barriers to guide readers everywhere to the life they have always wanted.

In this book you'll learn how to:

- Reclaim your inner warrior by reclaiming your body and your life
- Say adios to stress and self-sabotage
- Gain confidence and live more powerfully than you ever have before
- Hacks to get more in life and get greater clarity on your mission and contribution
- Claim your inner warrior starting TODAY

Media Kit & Contact Info:

[Click here for Media Kit](#)
kate@kate-mckay.com

Kate has been interviewed on TV, radio, and podcasts across the country. She has written for Entrepreneur magazine, appeared on PBS, and numerous radio and podcasts. Kate prides herself on building a multi-million dollar company with a theater degree and inspiring others to grab life by the horns. "Taking control of your mental and physical well-being is just the beginning of reclaiming your life. Isn't it time you live the life you've always envisioned?" Claim Your Inner Warrior shows us all how.

