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## Life Lessons from “No-Drama Obama” How You Can Stress Less

AUSTIN, TX—What can we learn from a president whose campaign staff nicknamed him “No-Drama Obama”? “If someone can become president without giving in to drama and adrenaline,” says life coach Ann Daly, PhD, “then certainly the rest of us can manage to reduce the stress in our lives.”

“President Obama is an amazing example of how clarity wins the day,” she explains. “When you keep your eyes on the prize, you reserve your energy for accomplishing goals rather than managing stress.”

Dr. Daly is the author of **Clarity: How to Accomplish What Matters Most (\$16.95, Wollemi Pine Press)**.

If you’re trying to stress less, she suggests following President Obama’s lead:

- 1. Clarify your goals**  
Clarity of purpose makes you unstoppable.
- 2. Refuse drama and distractions**  
They are counter-productive for anyone on a mission.
- 3. Start with who you are**  
True strength and power come from self-awareness.
- 4. Be methodical**  
Slow-and-steady wins the race, while others burn out.

**Ann Daly, PhD**, is a life coach, speaker, and author based in Austin, Texas. Formerly a women’s studies professor, she is an expert on the changing lives of professional women. Dr. Daly is the “Transitions” coaching columnist for *Your Austin* magazine and the host of BookWisdom, a salon that encourages books as a resource to inspire and improve women’s lives. She is also the author of *Clarity: How to Accomplish What Matters Most* and *A Year of Clarity: the Monthly Guide for Women*. Dr. Daly has been featured on Oprah & Friends’ “Peter Walsh Show” and in the *Austin-American Statesman*. For more details, visit: [www.anndaly.com](http://www.anndaly.com).

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