
About the Author

Rachael O'Meara is a transformational leadership and executive coach, assisting others to fulfill their potential. She works at Google and also hosts authors who have meaningful messages about mindfulness and emotional intelligence for the Talks at Google YouTube channel. She writes regularly for various outlets, including the *Huffington Post*, and leads workshops and speaks on the practice of pausing. She is also a Search Inside Yourself Facilitator (SIYLI.org). She is certified in Transformational Coaching from the Wright Graduate University for the Realization of Human Potential (ICF certified), and has an MBA from Fordham University. Rachael currently lives in San Francisco, where she is working on being and pausing.

Rachael was a customer support manager at Google when she realized she needed to reassess her path. The best way to do this was to take a “pause”—a time-out to create space for her inner voice to be heard and to align her actions to lead a more fulfilled life. Pausing can be as simple as a five-minute walk outside, or a day spent unplugged from digital devices. *Pause* offers a chance to remember what “lights you up” beyond paychecks and corporate status. Rachael explains how to recognize the signs that you need to pause, tips for creating a life-changing experience, and how to return to everyday life

with mental clarity and maintain your “pause mindset” to keep the lasting changes and boost fulfillment.

Weaving in psychology, existentialism, and neuroscience-based research, Rachael explains how pausing can boost your emotional intelligence and ability to act, feel, and communicate authentically and responsibly through her and others’ stories of pausing. She helps you create your own “pause plan,” regardless of how much time, money, or resources you have, and explains the different ways you can learn to meaningfully pause—whether for sixty seconds a day, an hour, a week, or over the course of several months—and discover what you value most, to lead the most satisfying and fulfilling life you choose.

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