



PREFACE

By Trine Grönlund, Founder & CEO of The Innergi Lab

I didn't write this book because I mastered clarity; I wrote it because I spent years lost in mental chaos — chasing performance, perfection, and productivity in a world that kept speeding up.

During my years as a fast-paced executive in New York, I believed that if I just worked harder, thought faster, and pushed through more, I could stay ahead of the game. I was always five steps ahead, chasing goals, juggling projects, and performing at full speed.

On the outside, I looked like a high achiever, but on the inside, I was overwhelmed. My brain was cluttered and stuck in survival mode. I was reactive, short-fused, and slowly losing connection with my body, my values, and myself. The problem wasn't that I was working too much, though, but that I'd never learned how to relate to all the thoughts and emotions work triggered within me.

Most of us were never taught how the brain really works. We weren't taught how to unhook from our internal noise, shown how to create mental space in the middle of emotional overload, or told that clarity is not something you wait for but something you create.

That's why I wrote this book. To offer a different way of working, thinking, and leading. A way that's not only brain- and human-friendly, but sustainable, too.

FLEX isn't a quick fix or another performance hack. It's a science-backed approach to leading yourself through emotional overload and mental clutter.

These strategies and skills are lifelines that helped me reconnect, rebuild, and grow into a more sustainable, high-impact version of myself. I genuinely believe they can help you do the same.

Whether you're a leader, a team member, a founder, or someone simply trying to show up more intentionally in your own life, thank you for reading, and thank you for exploring ways to do things differently.

Trine