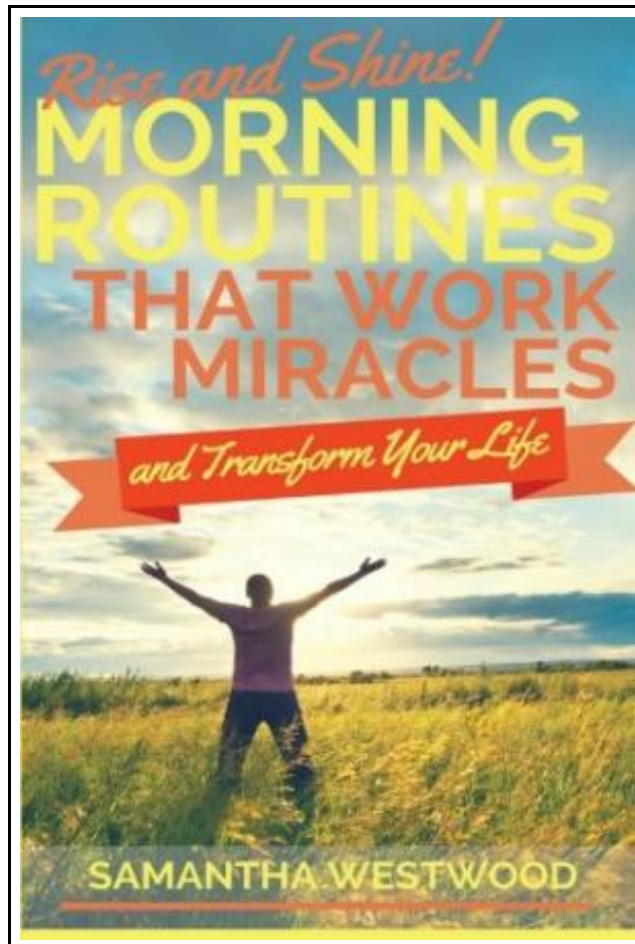


Rise and Shine!: Morning Routines That Work Miracles and Transform Your Life (Paperback)



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Reviews

Excellent eBook and valuable one. It normally will not price too much. Your daily life span is going to be change once you comprehensive reading this ebook.

(Ezra Bergstrom)

RISE AND SHINE!: MORNING ROUTINES THAT WORK MIRACLES AND TRANSFORM YOUR LIFE (PAPERBACK)



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you wasting the most productive time of the day? If you don t have a morning routine you are. Rise and Shine! Morning Routines That Work Miracles and Transform Your Life will show you how to change your morning routine and ultimately change your life. There have been stories in the news lately talking about how one thing that almost all successful people have in common is a strong morning routine that they don t deviate from. Successful people ranging from entrepreneurs like Bill Gates and Steve Jobs to bankers, politicians, and even Hollywood stars all say that find the morning routine that works for them was one of the keys to their success. Finding a morning routine that works for you can launch you onto a successful path and help you find the balance that you ve been looking for. What makes a good morning routine is different for everyone. For some people starting the day with intense exercise like running is the way to kick start their brain and get their productivity flowing. For other people quiet meditation is the key to a productive day. This book can show you how to identify what morning rituals are the best for you based on your personality and lifestyle so that you can turn get up in the morning from a necessary evil to something that you look forward to every day. It s not just adults who can benefit from a morning routine. Everyone in your household will find themselves working harder and enjoying life more with a good morning routine in place. Teaching children the value of a morning routine when they are young will...



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