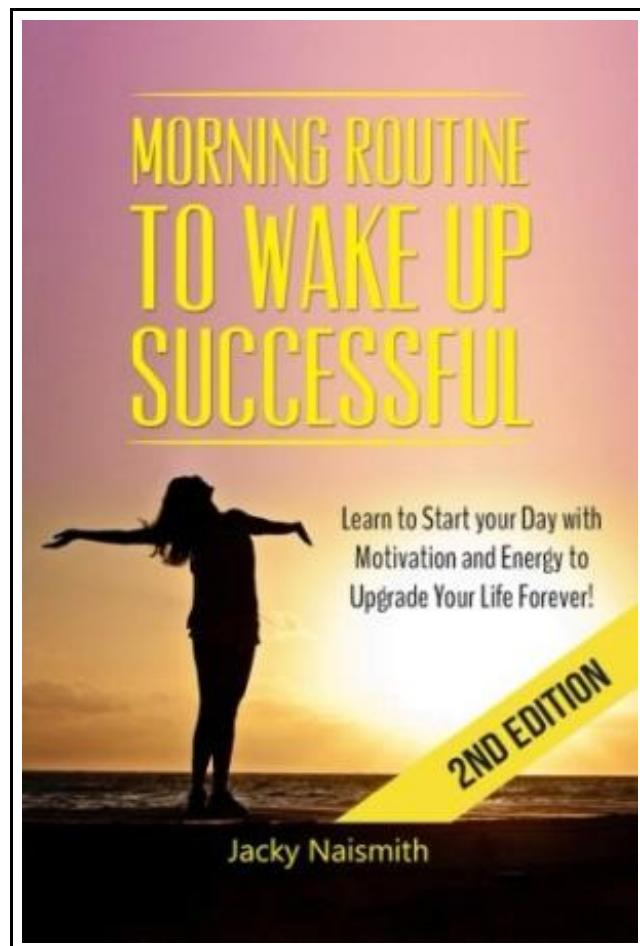


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Welcome to your new Morning Routine! *****2nd edition***** Free bonus inside! (Right After Conclusion) - Get limited time offer, Get your BONUS right NOW! Do you find that you're always rushed in the morning and feeling as if your day has not gotten off to the right start? Do you get home at night and feel like you haven't gotten everything done, and if you would have only started out your day right, maybe things would have gone better? If you answered yes to either one of those questions, you might be suffering from a lack of a good morning routine. The Morning Ritual might be an excellent book to start with in order to give you an idea of what you should be doing in order to make yourself a happier, more productive individual. In this book, you'll learn all about what successful people do in order to wake up earlier and feel better throughout their day. I'll give you the first tip. A good morning starts with a good night. You'll learn how to set up a nightly routine that will have you waking up feeling refreshed and ready to go before you even turn off your alarm clock. Then you'll learn about appropriate exercises to do in the morning that will start you off right. You'll feel more energized and be able to tackle those difficult problems at work much more efficiently. Along with exercises you'll learn about affirmations, eating a healthy breakfast, and how to visualize your goals for that day. A good morning routine will have you being the star of your workplace or classroom,...

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