



The 5 A.M. Miracle: Dominate Your Day Before Breakfast

By Jeff Sanders

Ulysses Press. Paperback. Book Condition: new. BRAND NEW, The 5 A.M. Miracle: Dominate Your Day Before Breakfast, Jeff Sanders, THE ULTIMATE GUIDE TO SUPERCHARGING YOUR PRODUCTIVITY, DEMOLISHING YOUR TO-DO LIST AND MAKING TIME FOR YOUR PASSION PROJECTS The 5 AM Miracle offers you a plan to focus on what matters most, and get more done. It shows how to reap the incredible benefits of early rising, from demolishing your to-do list to making time for your passion projects. With its 7-step system, this easy-to-follow guide teaches you how to systematically create a healthy, balanced lifestyle and achieve your grandest goals. Packed with tips, tricks and proven strategies for success, The 5 AM Miracle explains how and why you should: *Create an evening boundary for work *Plan tomorrow on paper tonight *Boost energy all day *Drink 1 liter of water and a green smoothie every morning *Organize annual goals in 3-month chunks *Use a task manager to track projects.



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Reviews

It is really an awesome ebook that we actually have actually study. It can be loaded with wisdom and knowledge Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Mr. Coleman Ortiz

It is simple in read easier to understand. I am quite late in start reading this one, but better then never. Its been designed in an exceptionally easy way in fact it is just following i finished reading through this publication where basically transformed me, alter the way i really believe.

-- Ms. Christy Ondricka DDS