



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

By Samantha Westwood

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 finding 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...



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