



Morning Routine Makeover: Morning Tactics and Strategies to Get More Energized, Productive and Healthy All Day (Paperback)

By Zoe McKey

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Do you often feel unmotivated? Wake up with a feeling of anxiety that you should do many things but you lack of direction where to begin so you end up doing nothing? Do you feel that you do self-sabotage after you wake up by doing nothing productive? If you respect only three tips of this book, I guarantee that your first wake up hours can become the best and most action packed part of your day! Morning Routine Makeover teaches you every method how to be productive and energetic when your day starts. This is an actionable book without any fake it til you make it, brush your teeth or wake up at 5 am advice. It is a comprehensive psychology, biology and motivational manual that lets you know why are you an early bird or night owl type of person, gives you the best practices how to bring out the most of your day without overwhelming you with too many new habits. Morning Routine Makeover has lots of real-life stories and examples, proven techniques of high-performers, and physiological explanations backed up...



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