



2025

MORNING  
ROUTINE  
FOR PARENTS

# Morning Routine Tok Trending 2025

**Benjamin Spall, Michael Xander**

## **Morning Routine Tok Trending 2025:**

TikTok and Youth Cultures Crystal Abidin,2025-11-04 Using anthropological methods to produce deep and insightful ethnographies about TikTok and its core users TikTok and Youth Cultures will help readers develop a critical understanding of TikTok's impact on society its place in the social media landscape and its cultural relevance around the world **AI**

## **Content Marketing: 7 Secrets to Skyrocketing Your Digital Marketing Success** Pradeep Maurya,2025-08-07 **AI**

Content Marketing 7 Secrets to Skyrocketing Your Digital Marketing Success in 2025 Struggling to keep up with the ever changing digital marketing landscape Frustrated by outdated strategies that fail to deliver results In AI Content Marketing 7 Secrets to Skyrocketing Your Digital Marketing Success in 2025 you'll discover cutting edge techniques to harness artificial intelligence and revolutionize your content marketing strategy This comprehensive guide solves the problem of ineffective digital campaigns by revealing seven proven secrets to boost your online visibility engage your audience and drive conversions like never before Perfect for business owners marketers and entrepreneurs aiming to stay ahead in the AI driven era Why This Book Is Your Key to Success in 2025 Master AI Powered Content Creation Learn how to use AI tools to craft compelling high ranking content that resonates with your audience and aligns with Google's latest algorithms Optimize for Search Engines Uncover advanced SEO strategies including keyword research on page optimization and technical SEO to rank higher on Google Search and Google Shopping Leverage Data Driven Insights Use AI analytics to understand user intent personalize content and turn clicks into loyal customers Stay Ahead of Trends Future proof your marketing with strategies tailored for AI Overviews voice search and mobile first indexing in 2025 Practical Actionable Steps Follow step by step checklists and real world examples to implement AI driven content marketing strategies that deliver measurable results Exclusive Bonus Content Gain access to insider tools resources and video tutorials to supercharge your digital marketing efforts Who Should Read This Book Whether you're a beginner looking to build a robust content marketing strategy or an experienced marketer aiming to integrate AI into your campaigns this book is your ultimate guide It's packed with practical advice to optimize your digital presence across Google Search Stay competitive in 2025 by mastering AI content marketing SEO strategies and digital marketing trends that drive results Call to Action Don't let your digital marketing efforts fall behind in the AI driven world of 2025 Grab your copy of AI Content Marketing 7 Secrets to Skyrocketing Your Digital Marketing Success in 2025 today and start dominating Google Search Scroll up click Buy Now and unlock the secrets to transforming your content marketing strategy for unparalleled success

*The Real Pink Salt Hack: TikTok's Viral Morning Drink for Fast Weight Loss, Reduced Bloating, and All-Day Energy—Proven by Science, Loved by Thousands* Everett Hudson Cole ,2025-07-07 The Real Pink Salt Hack TikTok's Viral Morning Drink for Fast Weight Loss Reduced Bloating and All Day Energy Proven by Science Loved by Thousands Looking for a simple way to lose weight without strict diets extreme workouts or calorie counting This book reveals the pink salt trick that's taken TikTok by storm and why it actually works Inside you'll

discover how just one small change to your morning routine can naturally help you Burn stubborn belly fat faster Beat daily bloating and feel lighter within days Boost your metabolism and energy without coffee Curb cravings and avoid emotional eating Support hydration hormone balance and better digestion Why It Works Backed by nutritional science and real life success stories this guide explains how a mix of pink salt water and lemon can activate natural fat burning rebalance your system and reset your hunger signals What You Get Clear step by step instructions Real testimonials and results from users Bonus tips to enhance fat loss naturally A sustainable method you can follow without stress Whether you're just starting your wellness journey or looking for something that finally works this guide gives you an easy way to transform your mornings and your body No dieting No confusion Just one simple daily habit Join thousands who are seeing real results and feel better every day Buy now and take the first step to a lighter healthier you starting tomorrow morning

### **Tiktok: How Tiktokers Make Money and Influence Trends (The Ultimate Guide to Building a Successful Tiktok Strategy With a Faceless Profile)**

Peter Lambert, 101-01-01 Tiktok has become a powerful platform for content creators and businesses alike offering opportunities for viral success and community engagement This comprehensive guide outlines a 15 step strategy to help you build a successful tiktok presence while maintaining a faceless profile ensuring maximum reach and impact Learn how to Navigate the tiktok app Edit and post videos Add special effects and sound clips Interact and engage with your audience Go viral and get famous Keep your fans happy Make money And learn hacks for duets skits lip syncing challenges and more Designed for small business owners young adult influencers and anyone looking to succeed on tiktok this guide provides step by step strategies for navigating tiktok's unique ecosystem and achieving lasting success Whether you're starting from scratch or want to take your tiktok game to the next level mastering tiktok will help you achieve personal and professional success in the ever changing world of social media

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more Download your copy today Take action today and download this book for a limited time discount of only 2 99 You owe yourself a better start of each day c 2014 Brian Ledger All Rights Reserved Tags morning routine morning ritual hour of power productivity success early riser getting things done time management productivity hacks wake up happy wake up successful wake up early wake up productive meditation prayer [Sunrise for the Body and Mind](#) Nicolò Turri,Christine Michaelis,2020-11-25 For years there is a trend to establish morning routines All the successful people have one But it is not as easy as some people say Creating new habits take time and we are all busy in our lives Sometimes adding new things to everything we are doing can be a big ask Don t feel like you have to start with this book right away Wait until the right moment the right day the right sunrise However it is proven that having some kind of morning routine will help you to start the day in the right light You will feel more relaxed feel a sense of accomplishment and be ready for whatever the day brings We have created 100 morning routines that you can use to establish yours Every routine will cover reading a quote writing the answer to a question or whatever comes into your mind meditating 5 min exercising 5 min all in short versions You don t have to have a 2 hour morning routine to make a shift you can start small Also short exercises and meditations will have a positive impact on your body and mind We created 100 sunrises for your body and mind Enjoy relax and feel the difference it will make after a few days [The Power of Morning Routines](#) Léwis Verdun,2025-10-14 Getting up early is more than a fad it is a science backed lever for improving health and productivity In The Power of Morning Routines published by Maison ddition Five Minutes as part of the Collection Corps it s time to take control

**Take Back Your Mornings** Ged Davis,2021-02-09 55% OFF for Bookstores Now at 34 95 instead of 44 95 If you want to create a morning routine that will set your day up for success even if you re not a morning person then this book is for you Your customers will never stop THANK YOU Whether you realize it or not your morning dictates the rest of your day Wake up on the wrong side of the bed and you know you re going to be spitting fire by the end of the day Hop out feeling fresh and rejuvenated and it s all smooth sailing from there But how can you stop leaving it to chance and start taking control over your mornings What can you do to start your day off on the right foot You need a killer morning routine and that s what this book is going to help you create It all starts with how you treat yourself in the morning You ll learn how to create a mindset of positivity from the moment you open your eyes and the things you need to incorporate to get the ball rolling In addition you ll discover Everything you need to include in your morning routine What foods set your day up for success How to use breathing techniques and gentle movement to wake up your body and mind The best way to begin your day at work and achieve maximum productivity How to stay positive despite day to day struggles How conceptual thinking can help not just your mornings but your life in general What the right morning routine does to turn your life around And much more If you re struggling to take back your mornings you need a guide to point you in the right direction Turn around your mornings and you can turn around your life It all starts here BUY IT NOW and let your customers get addicted to this amazing book [The Winners' Morning Ritual](#) Paula H

Eder,2021-04-15 Discover the secrets to creating a morning routine that fits your needs and lifestyle perfectly Would you like to experience your own expansion of possibilities Have you ever imagined wonderful morning rituals to help you start each day off right If your day starts well it will probably end well too Well you are the lifeblood of your days and nothing beats morning rituals to start your days off right What are some of these rituals Keep reading to find out Many people adopt someone else's morning ritual but find it doesn't work in their life Fortunately creating the perfect morning ritual isn't that difficult While you probably need some guidance creating a great morning routine is relatively easy once you know how to do it This book THE WINNERS MORNING RITUAL Secret Routines That Help to Kick Off a Good Start Into Every Day will help you create the perfect morning ritual based on your life Inside are tested and proven morning rituals methods ideas tactics tricks tips and practices that if applied with dedication can help you create a morning routine that will improve your productivity energy and happiness throughout the day Chapters and subsections give you extensive and small practices that cover essential topics like Why you need to have a morning routine How soon can you expect the benefits of a morning ritual How a primary goal will help you create an effective morning routine How to Create a New Morning Routine Based on Your Current Routine Ideas and tips for busy morning routines Why you need a slow morning routine Ideas and tips for slow morning routines The dangers of using gadgets in the morning Ways to use your time at night to make your morning sweeter How to further improve your routine at all levels etc And all you need to do is follow them with commitment These are methods and practices that you can start applying today or even tomorrow to help you give yourself what you need to live your life fully and happily This revolutionary book's content will empower your day and guide you through creating a calm start to the day to multiply your productivity results So if you want to be happy productive and feel energized scroll up and click on the Buy Now button to order your copy and prove that you're committed to experiencing your own expansion of possibilities

**My Morning Routine** Benjamin Spall,Michael Xander,2018-05-15 ONE OF AMAZON'S BEST BUSINESS BOOKS OF 2018 ONE OF THE FINANCIAL TIMES BUSINESS BOOKS OF THE MONTH ON RELEASE ONE OF BUSINESS INSIDER'S BEST BUSINESS BOOKS TO READ THIS SUMMER A guide to the early morning habits that boost your productivity and relax you featuring interviews with leaders like Arianna Huffington General Stanley McChrystal Marie Kondo and more Marie Kondo performs a quick tidying ritual to quiet her mind before leaving the house The president of Pixar and Walt Disney Animation Studios Ed Catmull mixes three shots of espresso with three scoops of cocoa powder and two sweeteners Fitness expert Jillian Michaels doesn't set an alarm because her five year old jolts her from sleep by jumping into bed for a cuddle every morning Part instruction manual part someone else's diary the authors of My Morning Routine interviewed sixty four of today's most successful people including three time Olympic gold medalist Rebecca Soni Twitter cofounder Biz Stone and General Stanley McChrystal and offer timeless advice on creating a routine of your own Some routines are all about early morning exercise and spartan living others are more leisurely and self indulgent What they have

in common is they don't feel like a chore Once you land on the right routine you'll look forward to waking up This comprehensive guide will show you how to get into a routine that works for you so that you can develop the habits that move you forward Just as a Jenga stack is only as sturdy as its foundational blocks the choices we make throughout our day depend on the intentions we set in the morning Like it or not our morning habits form the stack that our whole day is built on Whether you want to boost your productivity implement a workout or meditation routine or just learn to roll with the punches in the morning this book has you covered **Five Morning Routines of Highly Successful People** Claire

Keymington, 2019-03-03 5 MORNING ROUTINES OF HIGHLY SUCCESSFUL PEOPLE They are without doubt some of the most successful individuals in the world of business acting politics and others we probably aren't even aware of Will you listen to what Oprah Winfrey Brian Tracy Ex POTUS Barack Obama Tony Robbins and Will Smith have to say about your morning routines I think you should In this easy to read very friendly guide on what you should do each day when you wake up you are subtly nudged into excellence as we examine the A.M. lives of these inspiring personalities and get wisdom on how to modify our own routines to give room for greatness After finding out this great secret of having morning routines that give structure to your day to day activities I couldn't help but share the secret with you and that's what led to the birth of this book So dig in get a few laughs get upped on your wisdom level and let's all progressively climb the ladder of early morning greatness **The Little Book of Morning Routines** Krystian Szastok, 2019-12-23 Learn how you can take charge and transform your day through a simple minimum 5 minute morning routine You will learn new ways to boost your energy in the mornings how to build your morning routine and how to stick to the habit of morning routines Krystian Szastok has written this book based on his research and practice of morning routines over many years he has been coached and mentored by extremely successful entrepreneurs and life coaches to maximise his everyday success and bring a mix of self discovery and motivation to your morning The book doesn't just cover morning routines but also helps you discover your inner calling and add more purpose to your life These qualities and accomplishments will bring you closer to others in your life and help you grow new relationships From inside of the book Imagine if you could wake up get inspired get some exercise read meditate plan your day hydrate have your morning coffee work on your side projects and send messages to your loved ones all before the majority of the world is even awake I did all this today as I'm writing this book by waking up at 4am and just doing it You can accomplish these things too just start waking up 15 minutes earlier than you would usually take small steps I used to wake up at 7am for a year because that felt like my absolute earliest due to climate I wasn't functioning well it was way too hot in Asia for me Who is this book for If you're someone who wants to achieve more in your life this book is for you If you're a freelancer or a business owner and you have a lot of daily responsibilities this book is for you If you're in a relationship and want to connect better with your partner or if you're currently single this is a book for you Whatever stage of life you're at or lifestyle you're leading adding morning routines will skyrocket your daily performance **Morning Magic** Arrmon

Abedikichi,2017-01-07 Get More Done Before 8 A M Than Most Will Do All Day Learn powerful and effective strategies to wake up refreshed start the day with success and create life on YOUR terms Do you want to learn how to sleep better wake up productive and create a marvelous morning routine without all the hassle Morning Magic is your cure to the morning blues If you are tired of snoozing being unproductive and starting the day off on the wrong foot then this book is your answer This is a step by step guide to creating Morning Magic What are the 4 Pillars of a Magical Morning Waking up and beginning the day is not just about getting up when your alarm goes off If you want to ensure your success you must understand all the factors that go into waking up peacefully and having the energy to perform at a peak level Morning Magic reveals the four pillars to a successful morning Pillar 1 Bedtime Rituals Pillar 2 High Quality Sleep Pillar 3 Waking Up Productive Pillar 4 Creating Morning Magic but I m just not a morning person No one is born successful Every successful person is self made and determined So are morning people They just understand and do certain things certain ways that produce certain results Learn all the key elements of a successful morning routine and how to create your own that will set you up for success each and every day Do you constantly wake up and hit snooze Learn how to implement the no snooze policy and wake up feeling refreshed Not only will you learn how to improve your sleep you will also learn how to wake up feeling enthusiastic and excited like a kid on Christmas morning By creating a meaningful and powerful morning routine you will look forward to waking up and beginning each day on your own terms Morning Magic provides powerful secrets that most people were never taught 14 bedtime rituals to wind down for sleep 7 simple and effective sleep hacks for optimal rest Top 10 things to avoid before bed 12 Productive wake up strategies Sample morning routines 50 morning activity ideas Create Your Very Own Morning Magic Do you want to get more done before 8 a m than most people will do all day It is possible with the Morning Magic plan You will learn powerful and effective strategies that are easy to implement Learn how to create your own plan that ensures you start the day in a magical way Here are a few of the areas you can improve with a powerful morning routine Health and diet Planning your day Fitness and exercise Money and finances Family and love Relationships Hobbies and recreation Personal improvement Learning and education Job and career Spirituality and prayer FREE BONUS Download the Morning Magic Starter Kit As an added bonus to help you with your success you can download the Morning Magic Starter Kit at no charge The starter kit contains Routine trackers Sleep journal Habit creation charts Morning and night affirmations And many more tools to increase your success If you are ready to create a magical morning a brighter future and more success then scroll up and click buy to give it a try **A Billion-Dollar Morning Routine** ARX Reads, Better Organization Using this routine you ll find out how to plan out your day cut out the distractions and choose what actually deserves your time More Productivity Make real progress on the projects that really matter trade your to do list and begin moving the ball down the sector in important ways More Money When you re more focused and productive you ll get the important stuff done This routine has been the key to growing my business *Master Your Morning Routine* Chris Estrada,2021-04 Get Rid of

Your Bad Habits Today With the Help of This Guide and Become a Person That Can Accomplish Anything With Ease Would you like to discover the secret to success Would you like to improve your self discipline and organizational skills Would you like to stop procrastinating If so this book will show how to turn your bad habits into good ones and you ll achieve any goal with ease Humans are creatures of habit We tend to repeat the things that give us pleasure and satisfaction but most often these habits have a negative influence on our ability to perform our day to day tasks successfully Did you know that accomplished people tend to have more positive habits which is the main factor that contributes to their success If you want to become a successful person you need to learn what these positive habits are and how to incorporate them into your daily life with this guide in your hands that process will be a piece of cake The step by step guides and expert strategies will show you the quickest and easiest way to implement a morning routine in your life that will transform you from procrastinator to achiever in no time Here is what this morning routine guide can offer you Simple morning routines of successful and organized people A step by step guide to implementing these morning routines in your life with ease Ten easy steps for habit stacking Mindfulness exercises to improve self discipline Expert strategies to eliminate bad habits from your life And much more If you wish to become a successful and accomplished person you can start now all you need to do is to follow the simple step by step guides found in this book the success will come in no time What are you waiting for *Wake Up Successful* S. J. Scott, 2014-03-21 DISCOVER Why Successful People Get More Things Done Before 9 A M Having trouble achieving your goals The reason most people aren t successful is they fail to follow a day by day strategy Instead they start each day hoping they will have enough time to take action on their goals If you closely examine the world s most successful people you d see they start each day in an energized state ready to accomplish any goal What s their secret The one thing they do differently is they prioritize each day so the most important task is completed first Put simply successful people have morning routines that help them feel energized and ready to focus on their most important goal START TODAY Live Each Day Like It s Your LastIn Wake Up Successful you ll learn how to live every day like it s your last No longer will you stumble out of bed and waste the first few hours Instead you ll learn how to start the day by creating energy and harnessing this power to focus on ONE breakthrough goal that will make a difference in your life A morning routine is simple and effective It s easy to tailor to your unique circumstances and goals And best of all it s tested Inside this book you ll discover the proven strategies to help you get the most out of those precious first few hours DOWNLOAD Wake Up Successful How to Increase Your Energy Achieve Any Goal with a Morning RoutineWake Up Successful contains a step by step blueprint for creating a powerful morning ritual Inside this guide you ll learn how to Create a bedtime routine that sets up an energized morning Use 25 tips to get a full night s rest Follow the 8 strategies for boosting energy every morning Build YOUR morning ritual using two sample templates Achieve any goal with an Hour of Power Use 15 examples to find your perfect daily goal activity Turn a morning routine into a permanent habitYou can become more successful every day All you need is a step by step strategy for

each morning Would You Like To Know More Download now and begin each day ready to attack the world Scroll to the top of the page and select the buy button **Master Your Morning Routine** RAVI LALIT TEWARI,2023-12-01 Get ready to embark on a transformative journey like no other with our powerhouse guide Master Your Morning Routine This groundbreaking book is your ultimate companion on the road to mastering your mornings and igniting a chain reaction of success throughout your entire day Delve into a comprehensive exploration of morning mastery where every aspect of your morning routine is dissected and enhanced For the first time this book covers all the below aspects in detail 12 Actionable Habit Formation Tips 7 Steps To Design Your Morning Routine 9 Steps To Energize Your Morning Workout 11 Steps To Elevate Your Morning Nutrition And Fuel Vitality 9 Nutritious Breakfast Ideas To Start Right 6 Productivity Strategies For Your Morning Routine 6 Techniques To Energize Your Morning Productivity 10 Common Challenges On Your Way This book is your unparalleled guide to jumpstarting your journey towards purposeful days transforming your mornings into a launching pad for boundless success 1 Unlock the Hidden Power of Your Mornings for a Fulfilling Life Are you tired of hitting the snooze button stumbling through your mornings and feeling like you're playing catch up all day It's time to take charge and transform your life through the magic of a well crafted morning routine In Master Your Morning Routine you'll embark on a journey of discovery self care and success guided by the wisdom of science inspiring personalities and practical strategies Imagine starting each day with enthusiasm energy and a clear sense of purpose This book reveals the groundbreaking insights derived from personal experiences surveys and expert advice that will empower you to design a morning routine tailored to your unique needs and goals 2 Embrace the Morning Light and Reclaim Your Me Time Unveil the secrets of embracing the morning light and carving out precious me time Dive into the fascinating survey results that shed light on the habits of successful individuals who attribute their accomplishments to intentional morning rituals 3 Harness the Art of Morning Transformation for Success Discover the remarkable journey from sunrise to success as you master the art of habit transformation Bid farewell to alarm clock shocks and embrace the gradual awakening process that nurtures your mind and body 4 9 Steps to Supercharge Your Morning Workout Unleash your potential through invigorating exercises and personalized workout options Learn the 9 steps to supercharge your morning workout setting the tone for a day filled with vitality and confidence 5 11 Transformative Steps 6 Strategies and 6 Proven Techniques For Your Peak Performance Elevate your morning nutrition with 11 transformative steps that fuel your body and mind Explore nutritious breakfast ideas that kickstart your day while 6 strategies and 6 techniques ensure you're energized for peak performance 6 Master Challenges Shape Your Oasis Conquer obstacles build a supportive environment and turn rituals into lasting habits with expert strategies Unlock the secrets to nurturing long term dedication making your morning routine an integral part of your fulfilling days Are you ready to awaken your fullest potential It all starts with your morning routine Get your copy of Master Your Morning Routine today and embark on a transformative journey to reshape your days and elevate your life **The**

**Morning Routines of the Most Successful People on Earth** Stephen Jones,2019-01-05 Win Your Morning Win Your Life

The Morning Routine Of The Most Successful People On Earth Today only get this Amazon bestseller for just 2 99 Regularly priced at 10 99 Read on your PC Mac smart phone tablet or Kindle device You re about to discover how to start your morning with a routine similar to the morning routines of some of the most successful people on earth This book promises to train you and give you an insight into why most successful people are successful based on what they do after waking up in the morning So sit back and enjoy a fun educating and motivational time with this book to improve your life and set you on the right path to success in life Here Is A Preview Of What You ll Learn How getting up early could change your day Time management Benefits of exercising early in the morning How to properly plan your day Why you should have a schedule every day Benefits of having a simple closet Why self motivation is vital in your morning routine Surprising health benefits of drinking water first after waking up Much much more Download your copy today Take action today and download this book for a limited time discount of only 2 99

[The Morning Routine](#) Adam Rockman,2017-06-28 Do you wake up without energy and motivation Do you wake up with anxiety about all your responsibilities and goals Tony Robbins Elon Musk Richard Branson and countless other successful entrepreneurs master their daily routines and aim that mastery at building impressive legacies and contributions to the world What do you want to create Would you like to build a successful startup Want to create beautiful art or music that people love If yes then you MUST read The Morning Routine Book These techniques are based on proven psychology and are so easy they are effective for anyone Learn to kick ass every day with routines that quadruple your productivity Part of you might enjoy the instant gratification of skipping exercise wasting time on various smart phone apps neglecting your life goals staying up late binge watching a TV show you just discovered or sleeping in But you know another part of you wants more from life This part of you wants the discipline and willpower to achieve goals learn new skills and build something of value The Morning Book gets those 2 parts of yourself into a dialogue so they can finally learn to cooperate You won t need to give up all your self indulgent desires and needs But you will have much more self control after reading this book You will finally wake up at consistent times every day full of energy and enthusiasm You will finally have time for the goals in your life you always dreamed of pursuing You will create the ultimate morning routine that makes every day the best You will create the ultimate evening routine that prepares your mind for sleep tonight and kicking ass the next day Think about how your life can change with this information If you have always more results in life then read The Morning Routine Book by Adam Rockman It includes a huge list of possible morning evening and daily routines to best improve your life Inside you will learn The Ultimate Morning Routine The Ultimate Evening Routine How To Maximize Your Energy To Get the Most Out of Your Daily Routines How To Enjoy Waking Up Every Morning How To Optimize sleep How To Stop Procrastinating How The Foods You Eat Effect Your Productivity How To Maximize Your Nutrition For Optimal Energy And Productivity How To Overcome Unhealthy Addictions That Prevent Success How To Replace Bad Habits with Positive

Habits That Improve Your Life How To Overcome Any Pain That Might Make You Doubt You Can Maintain Your Morning Routines And Much More This advice has already helped many people just like you develop the self discipline and strength to achieve their goals See what others are saying I simply can't get enough sleep It is a problem that has plagued me my whole life and I struggle every single morning This book is fantastic for anyone that suffers with the same issue or similarly feels tired throughout the day The author explains why this may be happening and offers real valuable insights into how to resolve this issue The techniques he provides can be implemented almost immediately Gemma King If you oversleep frequently you need to ask yourself WHY It's time to take a close look at your sleep and sleep habits This book helps you to start forming positive habits to address this kind of problem I learned good information from this book about the dangers of sleeping too much its effects what to look out for and how to work towards getting healthy quality slumber This has a great advice on how to manage your energy and your time Sally Rivas click the BUY NOW button at the top to start your day with energy power and determination TODAY [Morning Routine Makeover](#) Zoe McKey, 2017-06-03 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 by research studies all of which will help you change your a mindset about the power of the first hours after waking up be it 5 am or 11 am with concrete and simple techniques The 5 am magic doesn't apply to all of us and it's borderline terrible advice for most During my endless months of nocturnal working I developed special practices that doesn't require an early day start to boost your productivity and energy level to the sky By consequently following a few simple practices I could leave my night shift job finish University and start to be a full time writer How can you become a productivity machine Learn the best practices I did to boost my spirits and productivity Get familiar with 10 practices recommended by world leaders high achievers and top class artists Understand why does your body function the way it does on a biological level Learn to diminish the harm your body gets by nighttime shift work or even jetlag Ditch morning idleness Learn The right way to use caffeine as a wake up booster How to eat nutritious food and lose weight Simple steps to detect when you are the most productive during the day Advice from a world class dietitian how to combine food to keep you energized all day starting in the morning

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