

BETTER MORNINGS

TAKE BACK YOUR MORNING TO TAKE CONTROL OF YOUR LIFE



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Introduction



What makes for a good start to your day?

To those who love mornings, the answer would probably be some variation of “getting an early start.” To many, mornings are a perfect beginning, a chance to start your day off running, where accomplishment and the early hour seem to go hand in hand.

But what if mornings aren't your thing? Is it possible to still have a good day, even if you're more likely to get out of bed a lot closer to noon and only know sunrises as a signal it's time to go to bed?

Here's something you might not already know: It really doesn't matter what time you get up so much as it matters what you do with yourself once you wake up.

The routine itself is powerful, not the numbers on the clock. This book will examine the power of having a morning routine. You will find that the right morning will allow you to **take back control of your life and open the way for success.**

We will start with a clearer understanding of what makes a morning routine so powerful. We're even going to discuss how someone who is not a morning person can make the best of their mornings and maybe even learn a few things about how to train yourself to get up earlier so you can get the maximum benefit from your day.

Finally, we'll discuss some tips on maximizing your morning routine by building in the habits you need to start your day off right, regardless of what time you get up.

Ready to change your life? Let's get started!