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Morning Ritual Mastery: The Secret Of The 5 AM Club (Mindfulness, Meditation, Success)

Michael Lombardi

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How Waking Up Earlier Can Transform Your Productivity And Lifestyle

“Early to Bed, Early to Rise Makes a Man Healthy, Wealthy, and Wise.” - Benjamin Franklin

Ambitious people have a deep desire to get more things done by waking up early, oftentimes earlier than the rest of the world. While it's also true that many individuals have trouble waking up at early hours it doesn’t mean they are lazy. Typically, people face an energy ceiling each morning because of how the brain and body works at the start of each and every morning. Many good natured, driven folks simply just lack the fundamental knowledge of physiology for success.

This book is a compilation of wisdom from The 5 AM Club - secrets of success shared from top performers both young and old.

Readers will learn quickly how to maximize the first 15 minutes of each day using methods proven by science and spirituality. By knowing how to energize your mind, body and spirit, *your day will awaken right along with it.*

For example, the very first thing one should do when they wake up is drink a large glass of water, preferably cold. The body has been in hibernation for 7-8 hours and needs fresh water to properly circulate around the body in all facets to function. Try it out for yourself. Go ahead and feel the difference inside your body within 10 minutes.

There are countless proven strategies that will physically prepare the human body for the day. The mind is a powerful tool which must be properly charged and put into the right mindset each morning. Incantations, motivational language and journaling can be powerful tools to navigate the waters of success.

Begin the Morning Ritual Mastery as blueprint for saving time, joining The 5 AM Club and getting more done each and every morning.

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