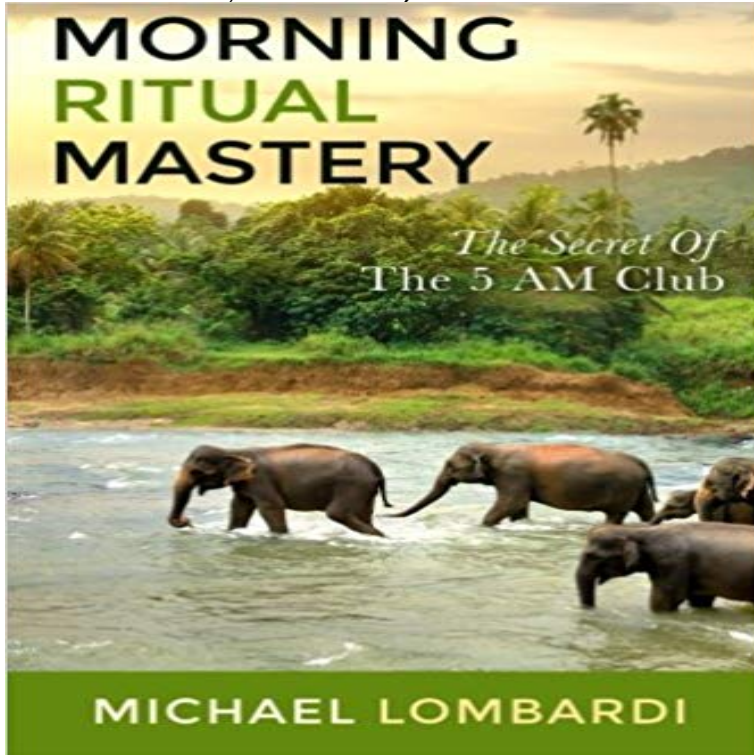


## Morning Ritual Mastery: The Secret Of The 5 AM Club (Mindfulness, Meditation, Success)



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 its also true that many people have trouble waking up at early hours it doesnt 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 ambitious, driven folks simply 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 water to properly circulate around the bloodstream in all facets to function. In essence your body is dehydrated and will function better by flushing through new nutrients. Try it out for yourself. If you dont believe it, go ahead and feel the difference within 10 minutes. There are proven strategies and methods 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 after a full nights rest. Incantations, motivational language and journaling can be powerful tools to navigate the waters of strategy. These all must be combined in a strategical fashion to ensure your morning hours are maximized for success. Begin the Morning Ritual Mastery as an easy to

follow blueprint so you can save time and get more done each and every single morning.

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