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# **MIRACLE MORNING**

UPDATED AND EXPANDED EDITION

**The Not-So-Obvious Secret Guaranteed to  
Transform Your Life (Before 8AM)**

**HAL ELROD**

FOREWORD BY ROBERT KIYOSAKI

# The Morning Miracle

**Goldmine Reads**



## **The Morning Miracle:**

Summary of the Miracle Morning by Hal Elrod Speedy Books,2018-12-05 The 1 Best Selling Book on KindleDownloaded by over millions of people Hurry up and get YOUR copy today The must read summary of BESTSELLER Hal Elrod s book The Miracle Morning The Not So Obvious Secret Guaranteed to Transform Your Life Before 8AM This is a complete summary of the ideas from Hal Elrod s book The Miracle Morning In this new summary book you will have Hal s main ideas to wake up tomorrow and any or EVERY area of your life begin to transform The Miracle Morning is already transforming the lives of tens of thousands of people around the world by showing them how to wake up each day with more ENERGY MOTIVATION and FOCUS to take your life to the next level Limited offer only 2 99 Regular price 4 99 Added value of this summary Save time Understand the key concepts Takes no time at all to refresh your resolve to improve your life This Summary book is designed to extract the most valuable information from the original book and condense that information into the smallest possible format This summary is most effectively used alongside the original book as a compact reference guide but it can also be used by itself as it includes all of the most important points from the original work Scroll Up And Click the Buy Now With 1 Click Button Tags miracle morning the miracle morning book the miracle morning summary a miracle morning miracle morning hal elrod book my miracle morning morning miracle miracle morning journal hal elrod miracle morning book miracle mornings morning miracle book rhe miracle morning miracle morning millionaires thr miracle morning tge miracle morning morning miracles he miracle morning miracle mornings morning miracle hair thw miracle morning morning miracle audible th miracle morning miracle morning for kids miracle morning routine book miracle morning the morning miracle miracle morning journal 2019 morning miracle journal miracle morning millionaires book miracle morning affirmations hal elrod miracle morning planner morning miracle millionaire miracle morning kids kids miracle morning miracle morning hal elrod a morning miracle the miracle morning journal miracle morning hardcover miracle morning audible 5 am morning miracle morning miracle mousse books miracle morning morning miracle kindle morning miracle audiobook miracle morning movie miracle morning audio miracle morning companion miracle morning paperback miracle morning audiobook miracls morning miracle morning hal my morning miracle miracle morning original new morning miracles miracle morning planner my miracle morning book miracle morning for couples miracle morning workbook miracle of morning the miracle morning audible miracle morning spanish miracle morning kindle morning miracle hal elrod miracle morning for teens miracles morning book 68miracle morning used miracle morning ebook miracle morning teachers the miracle morning paperback kindle miracle morning miracle morning millionaires kindle miracle morning stickers morning miracles book miracle morning audible book books morning miracle miracle morning parents miracle morning 8am miracle morning writers miracle morning korean miracle morning planner 2019 miracle morning families miracle morning book 1 miracle morning mom miracle morning entrepreneurs miracle morning students miracle morning deutsch miracle morning

tagebuch journal miracle morning miracle morning series miracle morning diary millionaire miracle morning miracle of the morning miracle morning for real estate agents miracle morning savers miracle morning equation audible miracle morning miracle mornings hal [The Miracle Morning \(Updated and Expanded Edition\)](#) Hal Elrod,2023-12-12 USA Today Bestseller Start waking up to your full potential every single day with the updated and expanded edition of the groundbreaking book with more than 2 million copies sold Getting everything you want out of life isn't about doing more It's about becoming more Hal Elrod and The Miracle Morning have helped millions of people become the person they need to be to create the life they've always wanted Now it's your turn Hal's revolutionary S A V E R S method is a simple effective step by step process to transform your life in as little as six minutes per day Silence Reduce stress and improve mental clarity by beginning each day with peaceful purposeful quiet Affirmations Reprogram your mind to overcome any fears or beliefs that are limiting your potential or causing you to suffer Visualization Experience the power of mentally rehearsing yourself showing up at your best each day Exercise Boost your mental and physical energy in as little as 60 seconds Reading Acquire knowledge and expand your abilities by learning from experts Scribing Keep a journal to deepen gratitude gain insights track progress and increase your productivity by getting clear on your top priorities This updated and expanded edition has more than 40 pages of new content including The Miracle Evening Optimize your bedtime and sleep to wake up every day feeling refreshed and energized for your Miracle Morning The Miracle Life Begin your path to inner freedom so you can truly be happy and learn to love the life you have while you create the life you want **THE MIRACLE MORNING - Summarized for Busy People** Goldmine Reads,2019-02-19 This book summary and analysis was created for individuals who want to extract the essential contents and are too busy to go through the full version This book is not intended to replace the original book Instead we highly encourage you to buy the full version Regarded as one of the most life changing books written The Miracle Morning takes only the simplest approach to live the life you deserve What if you could wake up tomorrow and you're finally living the life that you want It can happen when you put the necessary effort into making it happen The Miracle Morning provides the practices that are done by the most successful people around the globe this morning routine has transformed the lives thousands of people around the world and this is done simply by waking up each day with more ENERGY MOTIVATION and FOCUS to take life by the reins and push forward The next chapter of your life is more than what you have imagined possible Wake up and accept your full potential Wait no more take action and get this book now **The Miracle Morning Routine Journal (Hard Cover)** Miracle Journals,2021-05-26 A Guided Journal for Miracle Morning Routines Thanks to Hal Elrod and his best selling book The Miracle Morning mornings and lives around the world have been transformed forever In the book Hal goes into his findings from studying the most successful people's morning routines He takes note of six different activities many of them do and calls them SAVERS Whether you are a Real Estate Broker Marketer Entrepreneur Teacher Salesperson or a parent with kids this journal will transform your life Many successful people practice at least four of six of

these activities but rarely do all six So what happens if you do all six activities 1 That s for you to find out 1 Silence Meditation 10 Minutes The first thing to do is meditate for 10 minutes This can be silent meditation or guided meditation There are a number of documented benefits to meditation but doing this will give you added calm focus and concentration throughout the day 2 Journaling Part 1 5 Minutes This is made up of two parts Write down three things that you are grateful for today and 3 goals for the day These don t have to be big elaborate things They can be small and simple Also keep the goals just to the day 3 Affirmations or Prayer 5 Minutes Affirmations are positive statements that can help you to challenge and overcome self sabotaging and negative thoughts When you repeat them often and believe in them you can start to make positive changes 4 Visualizations 5 Minutes Visualizations are similar to meditating The difference In meditation you do your best to think about nothing except your breathing In visualization you envision yourself accomplishing your goals The goal here is to visualize yourself doing and living your affirmation 5 Scribing Journaling Part 2 15 30 Minutes Now that the mind is focused take the next 15 30 minutes to write freely This can be free writing about random things or structured writing it doesn t matter 6 Reading 15 30 Minutes Reading is extremely important for all people It is a way we feed our brain what it needs to be happy It is known that some of the most famous and successful people in the world ie Bill Gates Warren Buffet and more spend about 80% of their working days reading and learning new information 7 Exercising 10 30 minutes Maybe this means going for a morning run before the sun wakes you or doing some yoga It doesn t have to be anything too rigorous

**The Miracle Morning** Hal Elrod,2016-01-07 What s being widely regarded as one of the most life changing books ever written may be the simplest approach to achieving everything you ve ever wanted and faster than you ever thought possible Hal Elrod is a genius and his book The Miracle Morning has been magical in my life Robert Kiyosaki bestselling author of Rich Dad Poor Dad What if you could wake up tomorrow and any or EVERY area of your life was beginning to transform What would you change The Miracle Morning is already transforming the lives of tens of thousands of people around the world by showing them how to wake up each day with more ENERGY MOTIVATION and FOCUS to take your life to the next level It s been right here in front of us all along but this book has finally brought it to life Are you ready The next chapter of YOUR life the most extraordinary life you ve ever imagined is about to begin It s time to WAKE UP to your full potential Every once in a while you read a book that changes the way you look at life but it is so rare to find a book that changes the way you live your life Tim Sanders New York Times bestselling author of The Likeability Factor To read The Miracle Morning is to give yourself the gift of waking up each day to your full potential It s time to stop putting off creating the life you want and deserve to live Read this book and find out how Dr Ivan Misner CEO and Founder of BNI **The Miracle Morning** Hal Elrod,2012-12-12

**Extended Summary - The Miracle Morning - The 6 Habits That Will Transform Your Life Before 8am - Based On The Book By Hal Elrod** Mentors Library,2023-12-25 EXTENDED SUMMARY THE MIRACLE MORNING THE 6 HABITS THAT WILL TRANSFORM YOUR LIFE BEFORE 8AM BASED ON THE BOOK BY HAL ELROD Are you ready to boost your

knowledge about THE MIRACLE MORNING Do you want to quickly and concisely learn the key lessons of this book Are you ready to process the information of an entire book in just one reading of approximately 20 minutes Would you like to have a deeper understanding of the techniques and exercises in the original book Then this book is for you BOOK CONTENT Awakening the Miracle Introduction to The Miracle Morning The 6 Life Changing Practices Unveiled Rise and Shine The Power of Early Mornings Silence and Stillness Mastering Meditation for a Balanced Day Affirmations Rewiring Your Mind for Success Visualization Painting Your Future with Clarity Exercise Energize Your Body Energize Your Life Reading Fueling Your Mind for Growth Scribing The Therapeutic Power of Journaling Creating Your Miracle Morning Routine A Step by Step Guide Overcoming Common Challenges in Morning Rituals The Miracle Morning for Entrepreneurs and Career Growth Family Matters Incorporating the Miracle Morning with Loved Ones The Science Behind The Miracle Morning Boosting Productivity and Happiness Sustaining the Miracle Long Term Success with Morning Mastery [The Miracle Morning - Summarized for Busy People: the Not-so-obvious Secret Guaranteed to Transform](#) Goldmine Reads,2019 This book summary and analysis was created for individuals who want to extract the essential contents and are too busy to go through the full version This book is not intended to replace the original book Instead we highly encourage you to buy the full version Regarded as one of the most life changing books written The Miracle Morning takes only the simplest approach to live the life you deserve What if you could wake up tomorrow and you re finally living the life that you want It can happen when you put the necessary effort into making it happen The Miracle Morning provides the practices that are done by the most successful people around the globe this morning routine has transformed the lives thousands of people around the world and this is done simply by waking up each day with more ENERGY MOTIVATION and FOCUS to take life by the reins and push forward The next chapter of your life is more than what you have imagined possible Wake up and accept your full potential

**The Miracle Morning** Hal Elrod,2017-12-07 What s being widely regarded as one of the most life changing books ever written may be the simplest approach to achieving everything you ve ever wanted and faster than you ever thought possible Hal Elrod is a genius and his book The Miracle Morning has been magical in my life Robert Kiyosaki bestselling author of Rich Dad Poor Dad What if you could wake up tomorrow and any or EVERY area of your life was beginning to transform What would you change The Miracle Morning is already transforming the lives of tens of thousands of people around the world by showing them how to wake up each day with more ENERGY MOTIVATION and FOCUS to take your life to the next level It s been right here in front of us all along but this book has finally brought it to life Are you ready The next chapter of YOUR life the most extraordinary life you ve ever imagined is about to begin It s time to WAKE UP to your full potential Every once in a while you read a book that changes the way you look at life but it is so rare to find a book that changes the way you live your life Tim Sanders New York Times bestselling author of The Likeability Factor To read The Miracle Morning is to give yourself the gift of waking up each day to your full potential It s time to stop putting off creating the life you want and deserve to live

Read this book and find out how Dr Ivan Misner CEO and Founder of BNI *The Miracle Morning Routine Daily Journal* Miracle Journals,2020-11-14 Miracle Morning Routine JOURNAL Thanks to Hal Elrod and his best selling book The Miracle Morning mornings and lives around the world have been transformed forever In the book Hal goes into his findings from studying the most successful people s morning routines He takes note of six different activities many of them do and calls them SAVERS Many successful people practice at least four of six of these activities but rarely do all six So what happens if you do all six That s for you to find out Drink a glass of cold water then Silence Meditation Affirmation Visualizations Exercise Reading Scribing

**The Miracle Morning Routine Journal**

- 1 Silence Meditation 10 Minutes The first thing to do is meditate for 10 minutes This can be silent meditation or guided meditation There are a number of documented benefits to meditation but doing this will give you added calm focus and concentration throughout the day There are also many phone Apps that can help you get started so don t wait
- 2 Journaling Part 1 5 Minutes This is made up of two parts Write down three things that you are grateful for today and 3 goals for the day These don t have to be big elaborate things They can be small and simple Also keep the goals just to the day
- 3 Affirmations or Prayer 5 Minutes Affirmations are positive statements that can help you to challenge and overcome self sabotaging and negative thoughts When you repeat them often and believe in them you can start to make positive changes They are an extremely powerful way to rewire how your brain thinks thus changing how you feel and your external physical world Choose an affirmation that is right for you and practice it for 5 minutes in silence My favorite affirmation is I can be what I will do be
- 4 Visualizations 5 Minutes Visualizations are similar to meditating The difference In meditation you do your best to think about nothing except your breathing In visualization you envision yourself accomplishing your goals The goal here is to visualize yourself doing and living your affirmation
- 5 Scribing Journaling Part 2 15 30 Minutes Now that the mind is focused take the next 15 30 minutes to write freely This can be free writing about random things or structure writing it doesn t matter Sometimes it is simply helpful to empty out your thoughts on paper so that you have room during the day to learn and retain new things It can be a way of house cleaning
- 6 Reading 15 30 Minutes Reading is extremely important for all people It is a way we feed our brain what it needs to be happy It is known that some of the most famous and successful people in the world ie Bill Gates Warrant Buffet and more spend about 80% of their working days reading and learning new information However that might be overkill for most people just 15 30 minutes every day will make significant difference
- 7 Exercising 10 30 minutes Maybe this means going for a morning run before the sun wakes you or doing some yoga It doesn t have to be anything rigorous but some kind of activity is good

**The Miracle Morning After 50** Hal Elrod,Dwayne J. Clark,2025-12-16 For more than a decade Hal Elrod s groundbreaking book The Miracle Morning and its S A V E R S practices have helped readers around the world live happier healthier more fulfilling lives with just a few simple changes to their morning routines Now Hal has partnered with senior living expert Dwayne J Clark to update this time tested game changing formula specifically for individuals over age 50 Provided by publisher [Summary of](#)

The Miracle Morning Readtrepreneur Publishing,2019-05-24 The Miracle Morning The Not So Obvious Secret Guaranteed to Transform Your Life by Hal Elrod Book Summary Readtrepreneur Disclaimer This is NOT the original book but an unofficial summary How you wake up and spend your mornings have a greater impact on your life than you think This book The Miracle Morning introduces a six step routine to be done in the morning that is guaranteed to shape your day for the better as you become more productive and work your way towards the life you have always desired Note This summary is wholly written and published by readtrepreneur It is not affiliated with the original author in any way Let today be the day you give up who you ve been for who you can become Hal Elrod Author Hal Elrod has been through many major setbacks in life including going through a near death experience and hitting an all time low mentally emotionally and financially during the recession in 2008 However his 2 nd rock bottom allowed him to discover The Miracle Morning a routine that helped him get back up on his feet and many others around the globe Making The Miracle Morning a habit will change how you live your life and ultimately help you achieve your goals Feel excited to wake up every day like it s a Christmas morning P S If you are looking for a way to improve your life to start living the life you want instead of the life you have The Miracle Morning will get you started in the simplest almost commonsensical way The Time for Thinking is Over Time for Action Scroll Up Now and Click on the Buy now with 1 Click Button to Grab your Copy Right Away Why Choose Us Readtrepreneur Highest Quality Summaries Delivers Amazing Knowledge Awesome Refresher Clear And Concise Disclaimer Once Again This book is meant for a great companionship of the original book or to simply get the gist of the original book **The Miracle Morning** Hal Elrod,2013 **Summary - the Miracle Morning** Readtrepreneur Publishing,2017-08-12 The Miracle Morning The Not So Obvious Secret Guaranteed to Transform Your Life by Hal Elrod Book Summary Readtrepreneur Disclaimer This is NOT the original book If you re looking for the original book search this link <http://amzn.to/2fiTohw> How you wake up and spend your mornings have a greater impact on your life than you think This book The Miracle Morning introduces a six step routine to be done in the morning that is guaranteed to shape your day for the better as you become more productive and work your way towards the life you have always desired Note This summary is wholly written and published by readtrepreneur.com It is not affiliated with the original author in any way Let today be the day you give up who you ve been for who you can become Hal Elrod Author Hal Elrod has been through many major setbacks in life including going through a near death experience and hitting an all time low mentally emotionally and financially during the recession in 2008 However his 2nd rock bottom allowed him to discover The Miracle Morning a routine that helped him get back up on his feet and many others around the globe Making The Miracle Morning a habit will change how you live your life and ultimately help you achieve your goals Feel excited to wake up every day like it s a Christmas morning P S If you are looking for a way to improve your life to start living the life you want instead of the life you have The Miracle Morning will get you started in the simplest almost commonsensical way The Time for Thinking is Over Time for Action Scroll Up Now and Click on the Buy now with 1 Click Button to Get a Copy

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**The Miracle Morning (Updated and Expanded Edition)** Hal Elrod, 2024-01-09 Start waking up to your full potential every single day with the updated and expanded edition of the groundbreaking book that has sold more than two million copies So much more than a book It is a proven methodology that will help you fulfil your potential and create the life you ve always wanted Mel Robbins New York Times bestselling author of The High 5 Habit and The 5 Second Rule Getting everything you want out of life isn t about doing more It s about becoming more Hal Elrod and The Miracle Morning have helped millions of people become the person they need to be to create the life they ve always wanted Now it s your turn Hal s revolutionary SAVERS method is a simple effective step by step process to transform your life in as little as six minutes per day

Silence Reduce stress and improve mental clarity by beginning each day with peaceful purposeful quiet Affirmations Reprogram your mind to overcome any fears or beliefs that are limiting your potential or causing you to suffer Visualization Experience the power of mentally rehearsing yourself showing up at your best each day Exercise Boost your mental and physical energy in as little as sixty seconds Reading Acquire knowledge and expand your abilities by learning from experts Scribing Keep a journal to deepen gratitude gain insights track progress and increase your productivity by getting clear on your top priorities This updated and expanded edition has more than forty pages of new content including The Miracle Evening Optimize your bedtime and sleep to wake up every day feeling refreshed and energized for your Miracle Morning The Miracle Life Begin your path to inner freedom so you can truly be happy and learn to love the life you have while you create the life you want

[The Miracle Morning Routine Daily Journal \(aka. 7-Step Morning Routine\)](#) Miracle Journales, 2020-10-15 A Guided Journal for Morning Routines Thanks to Hal Elrod and his best selling book The Miracle Morning mornings and lives around the world have been transformed forever In the book Hal goes into his findings from studying the most successful people s morning routines He takes note of six different activities many of them do and calls them SAVERS Many successful people practice at least four of six of these activities but rarely do all six So what happens if you do all six That s for you to find out The Miracle Morning Routine Journal

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and believe in them you can start to make positive changes They are an extremely powerful way to rewire how your brain thinks thus changing how you feel and your external physical world Choose an affirmation that is right for you and practice it for 5 minutes in silence My favorite affirmation is I can be what I will do be 4 Visualizations 5 Minutes Visualizations are similar to meditating The difference In meditation you do your best to think about nothing except your breathing In visualization you envision yourself accomplishing your goals The goal here is to visualize yourself doing and living your affirmation 5 Scribing Journaling Part 2 15 30 Minutes Now that the mind is focused take the next 15 30 minutes to write freely This can be free writing about random things or structure writing it doesn't matter Sometimes it is simply helpful to empty out your thoughts on paper so that you have room during the day to learn and retain new things It can be a way of house cleaning 6 Reading 15 30 Minutes Reading is extremely important for all people It is a way we feed our brain what it needs to be happy It is known that some of the most famous and successful people in the world ie Bill Gates Warren Buffet and more spend about 80% of their working days reading and learning new information However that might be overkill for most people just 15 30 minutes every day will make significant difference 7 Exercising 10 30 minutes Maybe this means going for a morning run before the sun wakes you or doing some yoga It doesn't have to be anything rigorous but some kind of activity is good

*The Miracle Morning Routine Daily Journal (aka. 7-Step Morning Routine)* Miracle Journals, 2020-12-30

A Guided Journal for Morning Routines Thanks to Hal Elrod and his best selling book *The Miracle Morning* mornings and lives around the world have been transformed forever In the book Hal goes into his findings from studying the most successful people's morning routines He takes note of six different activities many of them do and calls them SAVERS Many successful people practice at least four of six of these activities but rarely do all six So what happens if you do all six activities 1 That's for you to find out *The Miracle Morning Routine Journal* contains seven steps and will help you stay on track 1 Silence Meditation 10 Minutes The first thing to do is meditate for 10 minutes This can be silent meditation or guided meditation There are a number of documented benefits to meditation but doing this will give you added calm focus and concentration throughout the day There are also many phone Apps that can help you get started so don't wait 2 Journaling Part 1 5 Minutes This is made up of two parts Write down three things that you are grateful for today and 3 goals for the day These don't have to be big elaborate things They can be small and simple Also keep the goals just to the day 3 Affirmations or Prayer 5 Minutes Affirmations are positive statements that can help you to challenge and overcome self sabotaging and negative thoughts When you repeat them often and believe in them you can start to make positive changes They are an extremely powerful way to rewire how your brain thinks thus changing how you feel and your external physical world Choose an affirmation that is right for you and practice it for 5 minutes in silence My favorite affirmation is I can be what I will do be 4 Visualizations 5 Minutes Visualizations are similar to meditating The difference In meditation you do your best to think about nothing except your breathing In visualization you envision yourself accomplishing your goals The goal here is to

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**The Miracle Morning (Tamil)** Hal Elrod,2019-12-25 **The Miracle Morning Routine Daily Journal (aka. 7-Step Morning Routine)** Miracle Journals,2020-12-03 A Guided Journal Notebook for Morning Routines Thanks to Hal Elrod and his best selling book The Miracle Morning mornings and lives around the world have been transformed forever In the book Hal goes into his findings from studying the most successful people's morning routines He takes note of six different activities many of them do and calls them SAVERS Whether you are a Real Estate Broker Marketer Entrepreneur Teacher Salesperson or a parent with kids this journal will transform your life Many successful people practice at least four of six of these activities but rarely do all six So what happens if you do all six activities 1 extra That's for you to find out The Miracle Morning Routine Journal contains 7 steps 1 Silence Meditation 10 Minutes The first thing to do is meditate for 10 minutes This can be silent meditation or guided meditation There are a number of documented benefits to meditation but doing this will give you added calm focus and concentration throughout the day There are also many phone Apps that can help you get started so don't wait 2 Journaling Part 1 5 Minutes This is made up of two parts Write down three things that you are grateful for today and 3 goals for the day These don't have to be big elaborate things They can be small and simple Also keep the goals just to the day 3 Affirmations or Prayer 5 Minutes Affirmations are positive statements that can help you to challenge and overcome self sabotaging and negative thoughts When you repeat them often and believe in them you can start to make positive changes They are an extremely powerful way to rewire how your brain thinks thus changing how you feel and your external physical world Choose an affirmation that is right for you and practice it for 5 minutes in silence My favorite affirmation is I can be what I will do be 4 Visualizations 5 Minutes Visualizations are similar to meditating The difference In meditation you do your best to think about nothing except your breathing In visualization you envision yourself accomplishing your goals The goal here is to visualize yourself doing and living your affirmation 5 Scribing Journaling Part 2 15 30 Minutes Now that the mind is focused take the next 15 30 minutes to write freely This can be free writing about random things or structure writing it doesn't matter Sometimes it is simply helpful to empty out your thoughts on paper so that you have room during the day to learn and retain new things It can be a

way of house cleaning 6 Reading 15 30 Minutes Reading is extremely important for all people It is a way we feed our brain what it needs to be happy It is known that some of the most famous and successful people in the world ie Bill Gates Warrant Buffet and more spend about 80% of their working days reading and learning new information However that might be overkill for most people just 15 30 minutes every day will make significant difference 7 Exercising 10 30 minutes Maybe this means going for a morning run before the sun wakes you or doing some yoga It doesn't have to be anything rigorous but some kind of activity is good Remember The Key to Success is consistency Stay consistent with your routine and observe the results Good Luck on your Miracle Journey

**The Miracle Morning Weekly Journal** Marilyn MONO,2020-01-14 Do you want to be successful in all areas of your life Are you looking for lasting happiness Do you want to change your life This weekly journal is for you The miracle morning weekly journal is based on Hal Elrod's personal development method in his book the miracle morning The miracle morning is a morning routine designed to bring out your best version of yourself while allowing you to take new good habits first thing in the morning The inspirational MM weekly journal that is proposed here is a digest of quotes coupled with a organizer spread over the 52 weeks of the year that will allow you to organize your MM routine optimally This weekly journal is the result of several years of practice of the MM which I admit has literally changed my life MM is the key to change and happiness This weekly journal is to be used in parallel with Hal Elrod's book the miracle morning

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### **The Morning Miracle Introduction**

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