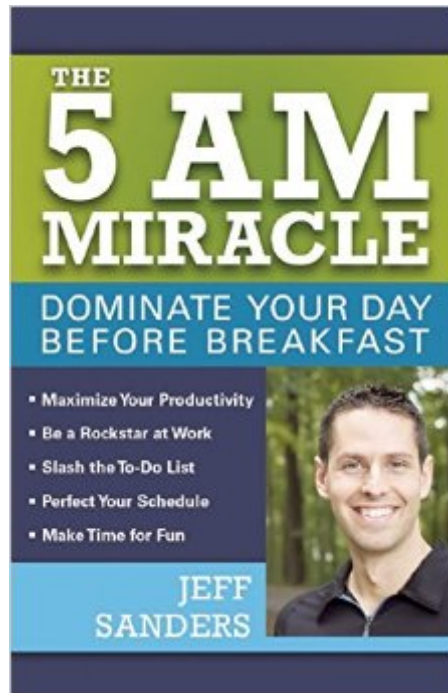


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The 5 A.M. Miracle: Dominate Your Day Before Breakfast



Synopsis

The 5 A.M. Miracle is a resource guide for high-achievers. It is for anyone who has a wild passion for life and is in search of a structured system that will hone those passions, clarify their big goals, and produce real, amazing results.1. Begin Your Day the Right WayYes, it's true, I'm a big fan of early mornings. But, more importantly than waking up at an arbitrary time like 5:00 a.m., I'm a strong believer in intentionality. Choosing to wake up with a written plan is something most people just never do, and it's astonishing how much it can change your life once you embrace this single habit.2. The 5 AM Blueprint: 7 Steps to Extraordinary ProductivityThe bulk of the book breaks down my blueprint for unprecedented progress. From healthy habits and productivity strategies, to review systems and professional-grade daily routines, you will find more actionable content than you could possibly imagine.3. Built-In 30-Day Action PlanLet's not forget that at the end of the book I summarize the multitude of ideas into an easy-to-follow 30-day plan just so you have a clear plan of action.

Book Information

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Customer Reviews

I've been listening to Jeff's podcast for a few years, and I have been anxiously waiting on this book to come out. One of my concerns was that I would already know all of the information in the book since I have heard all of his podcasts, but that wasn't the case. Jeff brought in new ideas, and it was good to see the ideas I have already heard written down. The checklists and worksheets he includes are extremely helpful. He also includes sections like "Kill the Snooze

Buttonâ, where he shares common pitfalls and mistake, and how to avoid them. At the end of each chapter, youâll also find a âQuick Reviewâ and an âAction Planâ to go with everything he covered within the chapter. He makes sure you absorb the information. This book is about taking action. Jeff makes it easy to take action, and itâs a very easy read. Jeff breaks up the book into many sections, as you can see when you click on âLook Insideâ over the cover photo above; this makes for easy reference and easy reading. You can feel Jeffâs energy coming off the pages, which really drives you to take immediate action. The 5 AM Miracle goes through a pyramid that Jeff refers to as âThe 5 AM Blueprintâ. He goes step-by-step and guides you all the way to the top of the pyramid by the end of the book. He concludes the book with a â30-Day 5 AM Action Planâ. If this book doesnât get you motivated to wake up early and accomplish more than you ever have, then no book will. I enjoyed flying through the pages, as I read it in less than a week. Itâs a quick read. Itâs an easy read. You have no excuse not to read it. Itâs often said that a proper review should have pros and cons, but I donât really see any cons worth focusing on. Jeff has poured everything he has into this book.

I recommend this book to anyone who is not using their time wisely, who desires to have a workout routine, but has yet to implement it, who has a vision, but has yet to write it down and start living it, and who wants to achieve more in life than they have to date. Jeff provides the keys, but it is now up to us to drive the bus. I admit, before reading the book I was already getting up early and working out before heading to work. My issue was making the best use of my time between the time my alarm sounds and when I got up for my morning workout. The 5 A.M. Miracle: Dominate Your Day Before delivers what I need to help with that. Using the action items that Jeff provides in each chapter of the book, I am being more deliberate about planning. I am going through the action items slowly, but I am already accomplishing more and feeling less stressed about what I need to do based on what I have read in The 5 A.M. Miracle. Jeff provides details that are very easy to follow. I had heard of vision boards before, but I like Jeffâs approach the best. He suggests that we look at our vision board as a process. I decided to call my board, as I work on it, my Process Vision Board. The reason I like that approach is because it rids me of the feeling of overwhelm and possible failure. Instead, I feel like with planning and by charting the process to reach my grand goals, as Jeff calls them, I will accomplish them all without stressing myself out. The structure of the book; presentation context, steps, when applicable, dedicated section for pitfalls, mistakes, and problems to avoid, end of chapter quick review and action plans all make the book easy to follow. Is this book for people who are not yet morning people or people who work off hours? Yes it is.

Many people will already know Jeff Sanders from his podcast, his email newsletter, or his Facebook group, and a lucky few might have even benefited from his personal productivity coaching. This book continues Sanders's drive towards greater productivity, goal achievement, personal and professional fulfillment for everyone. The reader never doubts that a better, more productive life is within reach, and the practical wisdom, step-by-step structure, and action plans for creating a personal 5am miracle mean this is more than just good advice, it is actionable advice. Once you get through the first chapters of the book and find yourself convinced that getting up at 5am is a good idea – and Sanders will convince you! – then you'll find yourself in a series of chapters that take you step-by-step through a blueprint for success. There are seven steps in Sanders's 5AM Miracle program, and each is explained and explored in its own chapter. After outlining how the seven work together, Sanders works through each one and offers practical advice on how each can and should be implemented. Sanders also explains how each of these steps has helped him in his life and these accessible anecdotes give the reader plenty of confidence in his approach. But perhaps the most important part of each chapter is what comes at the end, though. Every chapter in this blueprint section includes space for the reader to mark up the page with their own plan. Sanders expects, even demands, that the reader take real action in their lives based on his advice. There is plenty of space to respond to specific questions, to map out goals, to plan and schedule, and to put down on paper things that otherwise might be pushed to the back of your mind and, eventually, forgotten.

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