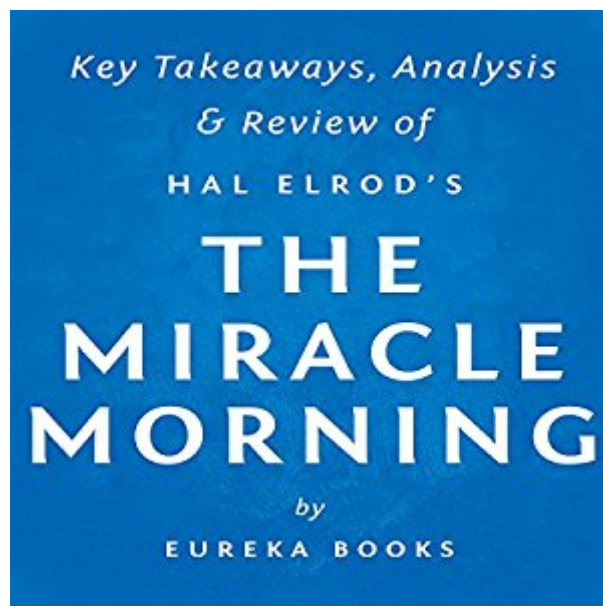


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The Miracle Morning, By Hal Elrod: Key Takeaways, Analysis, & Review: The Not-So-Obvious Secret Guaranteed To Transform Your Life Before 8 AM



Synopsis

The Miracle Morning: The Not-So-Obvious Secret Guaranteed to Transform Your Life Before 8 AM, by Hal Elrod, is a self-help book that explores the key point that the start of a person's day not only sets the tone for that day but also has a profound impact on the rest of a person's life. Indeed, Elrod explains that 95 percent of people struggle their entire lives because they fail to work on personal development, fail to start their days off right, and fail to choose to live differently.... This companion to The Miracle Morning includes: Overview of the book Important people Key takeaways Analysis of key takeaways And much more!

Book Information

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Customer Reviews

"The Miracle Morning" by Hal Elrod, is a self-help book that explores the reason that some people find success and others don't. This review of Elrod's book breaks down his argument into 9 key takeaways, that allow you to follow his logic and reasoning, so you can determine if his suggestions are worth your time. This review allows you to easily see the core principles of the self-help book and let you decide if you want to pick up the real book or not. It is incredible that Elrod suggests better sleeping habits and positive thinking will improve your personal development. Being devoted to your improvement is one of the first steps towards lasting change. I liked following Elrod's argument in this review, and highly recommend it to anyone interested in personal improvement.

Are you one of the 5% or 95%? Do you believe that the way you start your day actually has a profound impact on your life? Hal Elrod, a survivor of a head on collision with a drunk driver, does.

Are you ready to start living your dreams? In this detailed summary by Eureka Books on the original self-help book, *The Miracle Morning* by Hal Elrod, you will find a great synopsis on what is in that book. There are six things Elrod says you should practice each morning: silence, affirmations, visualization, exercise, reading and scribing. With Eureka 'discussing' nine Key Takeaways the reader gets a real gist of how you can be in the 5%. Yes, the minority, in this case, is where you want to be! Important to not let the past dictate your future. Here's an interesting quote from KT #5 - "Many people never live the life of their dreams because they fail to have a sense of urgency. To put it another way, people often have the mindset that they can start on their path of change tomorrow, but, unfortunately, tomorrow never comes." Eureka describes the original book as "a tremendously effective self-help book as it is successfully lights a fire within the reader and creates a strong feeling of confidence". Personally I found this to contain a lot of common sense but to others it might be revolutionary especially if you see yourself stuck in that 95%. Book provided in exchange for an honest review. Thanks, Liz

For some reason, I haven't heard of this book before. However, I'm a fan of checking out book summaries to see what's popular and to see what I would like. *THE MIRACLE MORNING* seems like a book that will definitely change me! Eureka does an EXCELLENT job of covering the main topics of this book, both in summary and in key takeaways. What really impresses me is how they offer the six things covered by the author in his book. These things include exercising, meditating/praying, positive affirmations, reading, etc. I feel confident in Eureka's summary of the book that I can already apply these things in my own life. Not only apply them, but know the purpose of each. If you've already read the book or just want to get the benefits of the book without paying full price, Eureka does an excellent job with this summary.

This is an overview of the actual book - *Miracle Morning*. Kind of like an abbreviated Cliff's Notes for the full book. It provides a potential reader enough information regarding this book's plots, characters and content to determine if we want to invest the extra money and time to actually buy and read the entire book. As an avid reader I have personally found Eureka Books to be a very helpful and valuable service.

I don't know the answer to that question, but I think books like *The Miracle Morning* can sometimes be a bit long winded. This at least gives you an idea of what the book is about before committing to 170 pages

The key points of The Miracle Morning are in this review, but unfortunately, the meat--the details of how to actually do the Life S.A.V.E.R.S steps were not there. This is the most critical part of the book in order to really implement and apply it.

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