



## **The Miracle Morning: The 6 Habits That Will Transform Your Life Before 8AM**

*Hal Elrod*

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**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: The 6 Habits That Will Transform Your Life Before 8AM Details

Date : Published January 7th 2016 by John Murray (first published December 7th 2006)

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Author : Hal Elrod

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Genre : Self Help, Nonfiction, Personal Development, Productivity, Business, Psychology, Health, Audiobook, Inspirational, Abandoned



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## **From Reader Review The Miracle Morning: The 6 Habits That Will Transform Your Life Before 8AM for online ebook**

### **Lisa says**

Read this in an hour because I skimmed through most of the pages. It didn't really give me any new information or useful tips. Most things seemed too farfetched and bogus claims.. anyway I read it and don't recommend it. Waste of the \$5.

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### **Rachel says**

Good idea, terrible execution.

Save yourself the read, here's my short summary:

Get up an hour earlier. Do your face, teeth and drink a large glass of water immediately. Go into another room of your house (i.e. not your bedroom), and spend the hour doing the following: sitting in silence, say what you want to achieve and work on today, visualise how you want to live your day, exercise, read and journal.

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### **Willem Spruijt says**

Not sure why this book has a close to 4 rating here:

- Very exaggerated way of writing. He could have done some of the chapters with 1/3 of the words.
- First 20 pages are only testimonials. Very annoying you can skip that.
- Tries to sell his 'starter kit' at least a dozen times in the book. What is this, weight watchers? Feels like my adblocker is switched off.
- Half of the book is captain obvious.
- The motivational way of writing ('YOU can do this!') is very repetitive and unnecessary.

Still 2 stars since I learned some interesting concepts (esp about affirmations).

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### **Chester says**

Good methods. Bad writing.

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### **Dannii Elle says**

I thought I might do something a little different with this and, due to the nature of the book, instead of

writing a standard review would instead chronicle how this has affected my life, over the coming weeks. As such, the rating may be likely to change.

As a brief overview the central idea this book puts forward is that creating a daily personal development routine can turn you into the person you need to be to help solve all your problems. You have the power to develop into the person you need to be to create everything you have ever wanted in your life. This process begins from how you start your days.

If you wake up every morning with determination you can go to bed every night with satisfaction. If you wake an hour earlier each day and dedicate this time to becoming the person who is qualified and capable of consistently creating and keeping the level of success you want, your focused, productive successful morning creates focused, productive and successful days. But how do you achieve this miracle morning routine? By the simple process of SAVERS:

**S - Silence.** Meditation, prayer, or breathing techniques to centre yourself

**A - Affirmations.** Present tense statements you speak aloud to the universe and, therefore, manifest into beings

**V - Visualise.** A mood board of your dreams to help you better conjure them into reality.

**E - Exercise.** Even if only for 10 minutes. An active body refreshes the mind.

**R - Read.** Read even one chapter or blog post on topics that inspire or teach you

**S - Scribe.** This can be either bullet journaling your daily tasks or purging your thoughts in a diary-style entry.

It's that simple. These six daily practises can help you to become the person you want to, and can be achieved in only one hour of time, each day.

I'm going to take some time to create my visualisations etc. and begin this process from 5th June 2017. I'll provide weekly entries of the changes I have seen in myself for the following four weeks and, hopefully, this will be a wonderful way for me to look back on any progress I have made in my life. Wish me luck!

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### **Rachel says**

I started reading this, got through maybe 2 and a half chapters, and skimmed the rest. This is a decent book. He gives good advice, and I'm sure it works for those who stick to it. (I haven't even tried it at this point.) It really is all about changing your mindset. That being said, there were a few things that bothered me. Most of the book is all filler fluff - he takes forever to make his point. You could literally read the first line of each paragraph and understand it perfectly. The other thing that really bothered me is he keeps throwing out all these statistics, and while he might cite a couple, he by no means gives his sources for most of them. It's mostly, "I recently read a statistic that said..." I want to know where this info came from and if it's legit. Other than that, it's good advice. I might try his method, but the book could have been put together better.

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### **Perrin Lindelauf says**

First, the overall premise is not a bad idea. However:

The target audience of this book is someone who has never read any personal development books and views the whole genre suspiciously. For me, it smacked of a basic thesis, padded with a hasty potpourri of other people's ideas and coated with gushing "you can have the life of your dreams!" promises. I found myself having to skim through basic explanations of meditation and visualization to get at what Elrod was offering as far as original thinking.

If this were a blog post, not a 150 page book, I would probably have appreciated it more. The basic premise could be summarized thus:

To improve our lives, we must improve ourselves

The morning is the best time for self improvement (have energy, quiet, easier to make time)

Spending an hour doing a little of few good practices goes a lot way to self improvement

Those exercises are:

Silent meditation

Affirmations

Visualization of the day ahead

Exercise

Reading, particularly to learn something

Scriving (aka Writing, journaling)

10 minutes each.

I'm going to try this general idea because I don't think it is bad; I just wish I didn't have to slog through so much text for so little information.

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### **Peter Skaronis says**

#### **Excellent book!!!**

All those years of listening to Jim Rohn and Tony Robbins, here comes Hal putting everything together in such a simple and profound way that is amazing.

As I grow older I realise that the simplest things create the biggest impact and the miracle morning seems quite basic until you try it.

You are awake at 5 am while most people are asleep and the silence allows you to see the bigger picture of things that I couldn't see before as a night owl.

your world is still asleep and hasn't got a claim on your attention.

read the book, join the Facebook community and start tomorrow.

Thank you Hal. God bless you.

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### **Anelia Dobrev says**

I think this has been the fastest read I have had since highschool. Less than 24 hours. But that is not a compliment. The guy has a nice idea and a sensible self-improvement tool to offer but the essence of the

book could have fit into half the volume of words or even less. It is repetitive. At several points I actually went back and forth a few pages because I thought I'd accidentally skipped back on my reader. Add the pompous name, the excessive use of the word 'mediocre', the trademark signs every few pages, and the vague it-has-been proven statements and you will get why the whole thing sounds like a sales pitch. One that was meant to be heard, not read.

I am glad it is not the first self-improvement book under my belt or it could easily have put me off the genre. Some of my previous reads have been truly life-changing. This one... Well, as I said, it is based on a good practical idea that can work for many people. It also gives you a link to a nice little printable tool. But if you are interested in what the hype is about (I got it because it was mentioned in a blog), just skim the book. And only if you find it at a discount. It is not worth the 17\$ regular price.

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### **Nathan Whitley says**

I really like this book. I've been an early riser for several years and have fallen off the wagon for several years. I always need a swift kick in the pants to motivate me. This is helping.

My only reservation for this book is the use of the "95%" statistic. Every stat Hal gives is "95%". If you're going to give outrageous stats to motivate people it would be helpful if 100% of them were referenced and backed by actual scientific data. Other than that 95% of the book is worth your time.

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### **Oleksandr Golovatyi says**

The year has just begun, and this is the second book that impressed me very much and deserves to claim the best book of 2018. The book is read very easily, many interesting facts, reflections on health, efficiency and vitality. The book encounters many useful links to other authors. An interesting moment for me is that most of the books that the author mentioned in his book read before and totally agree on all the points.

The "Miracle Morning" book will help both "larks" and "owls" make your morning energetic, happy and full of joy all day long. While reading the book, I made markers on the pages and then I realized that almost all the pages had some marks and strokes. A lot of useful and interesting information. The book should be read several times. The most important thing after reading is to start using the "miracle morning" method in your life.

A bit about the basic idea of ??a book - there are a few points or rules you need to do every morning:

- get up at least an hour earlier than you did before
- "silence", 5-10 minutes of meditation in silence with any method of breathing (find out what's right for you). It can also be prayer or simple reflection in silence,
- 5 minutes of affirmations (positive statements). It has long been proven that people are capable of programming for success. Affirmations are the best way to do this,
- visualization (5 min). Select a small amount of time to visualize your dreams, just try to imagine all that you want to achieve in the near future, dream and visualize everything with the smallest detail. This process is very nice - it is charged with energy and, oddly enough, very effective,

- reading (20-30 min), read every day for at least 20-30 minutes. Personally, I like to do exercises for speed reading in the morning, and to read already during the day. I think this option is also suitable for a "good morning"
- you should have a diary, either online or regular. And every morning write anything, everything you want. If it's hard to write, just describe the day that has passed, the most interesting moments. Can write for what and to whom you are grateful.
- exercise (20 minutes), do some exercises every morning. Remember the famous saying "if you do not find time for physical exercise, most likely to have to find time for illness."

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## **diane says**

It's one of *THOSE* self-help books. Very rah-rah, very "I was down and now I am up and YOU CAN TOOO!!!!1!!!!1!!"

That's not why I read it.

I've been trying to come up with my own morning routine that would help me get my ass in gear, work on the things I think are important, and basically get more focus and traction on the projects and aspects of life I want to improve. But it's been hard to clarify to myself what that morning should look like.

The *idea* of the Miracle Morning is basically what I've been looking for. It's a really decent framework for getting my mornings set up in such a way that I can hit the highlights of how I want to start my day. I do agree with Hal's statement that how you start your morning really does set the tone for the day. I think the ideas in this book will help me create my own morning routine that will make me happy.

Was the writing good - most the time no. He echoes a lot of self-help gurus, quotes people probably a little too much (says the girl who LIKES quotes), and brings in a lot of his own opinion on stuff that science actually has some more accurate input on. That being said, the ideas in the book are solid and worth the read. I just skimmed the bits that got too RAHRAH or that were plain silly ("believe you won't be tired and you won't be tired, 5 hours of sleep will be enough!!" um. no.)

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## **Amy says**

I'm going to do this review as a compliment sandwich. Good, bad, good.

Hal Elrod seems like a genuinely nice guy with a dramatic and interesting message. He's a near-fatal car crash survivor who was brought back from death and put back together during a long hospitalization at the age of 20. His character trait of resilience really shines through in the anecdotes he uses to illustrate his points-- he is not someone who rolls over and gives up on anything, and for that I salute him. He's someone who would be an interesting person to know. This book talks about his discovery that getting up quite early and going through a predetermined routine improved his life. He adjusted his schedule to get up at 5:00am, then used that time for things like meditation, affirmations, reading, and exercise. The text details why this worked for him and for others, and lays out a plan step-wise on how to implement it in your own life.

Now the bad stuff. First, I downloaded this to my Nook and was astonished that it is 490 pages long. That's a lot of information about an hour in the morning! Elrod's background is in multi-level marketing sales, and a LOT of the text reads like a sales speech. He introduces an element of the morning routine, then there are paragraphs selling it. Repeat, repeat, repeat. Without the sales pitches, this book could have been condensed to less than 100 pages of pure content.

I've had the interesting experience of reading Nook books with live links to web content, and for the most part, that's a great way to present changing or frequently-updated content to the reader. So I was surprised when a portion of the program was available on his website rather than in the book, and that the Nook edition

didn't provide live links! One chapter outlined a "packet" to download, then walked the reader through some of the elements of a 30-day challenge -- it would have been helpful to have that either in the body of the book or as a live link. Also, a caveat to not putting it in the book is that 20 years from now when someone reads this, that website may be long-gone, and with it, key elements of the author's content.

The MLM cheerleading and blog-self-help tone of the book were often difficult to take, but the book's message to get a jump on the day is valid and important. Elrod is a fairly young author and I look forward to reading more of his work as he mellows and matures; if he stays on the track he's on now, he will become a truly inspirational lifestyle author. If you can stomach the marketing tone, there's a clear and compelling message here from a decent fellow.

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### **Charlotte says**

Etant une lève-tôt convaincue, j'avais hâte de me plonger dans ce livre pour découvrir comment profiter au mieux de cette partie de la journée.

A la fin de ma lecture je ressors plutôt déçue. L'histoire de l'auteur telle qu'il la présente au début est très intéressante et inspirante, c'est indéniablement quelqu'un de très positif avec une grande force mentale.

Malheureusement on tombe vite dans les clichés du genre. Hal Elrod nous vante encore et encore les bienfaits de sa méthode, qu'il présente comme révolutionnaire, miraculeuse et autres superlatifs en tout genre... Il y a énormément de témoignages de personnes ayant adopté sa méthode et qui ont vu leur vie changer du tout au tout mais sans plus de détails et c'est franchement lassant.

Les idées lancées par l'auteur et la méthode des Life SAVERS est intéressante et plutôt pertinente au vu de ce qu'on sait sur les bienfaits de la méditation, des exercices physiques etc. mais j'aurais apprécié plus d'explications sur les différents points, plus d'exemples concrets au lieu de simples "Le Miracle Morning a changé ma vie ! Grâce au Miracle Morning ma vie est cent fois meilleure !".

Par ailleurs, j'ai trouvé qu'il insistait beaucoup sur le côté compétitif : sa méthode permet de gagner beaucoup d'argent, de sortir de la "médiocrité" par rapport au reste des gens, qui eux n'utilisent pas le Miracle Morning (on appréciera le jugement de valeur émanant de cette idée qu'il répète pendant un chapitre entier...). Personnellement ce n'est pas du tout ce qui me correspond et je vois plutôt cette méthode comme du temps pour soi, prendre du temps pour l'introspection, la lecture, l'écriture et pour leurs bienfaits personnels mais pas forcément dans l'objectif d'être "mieux" que les autres.

Je pense donc piocher quelques idées de ce livre mais je ne suis pas sûre que cette méthode, en tout cas telle qu'il la présente, me corresponde actuellement.

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### **Xavier Shay says**

So the writing is cringeworthy (over-the-top internet self-help blogger), but the technique rocks. I've been doing it a week and it's been the most productive and fulfilling week I can remember. Having described myself as a morning person for a while now without really being particularly good at it, I'm excited to be back on the wagon. It's a fast read (easy to skim most of it) and only a couple of dollars on amazon.

