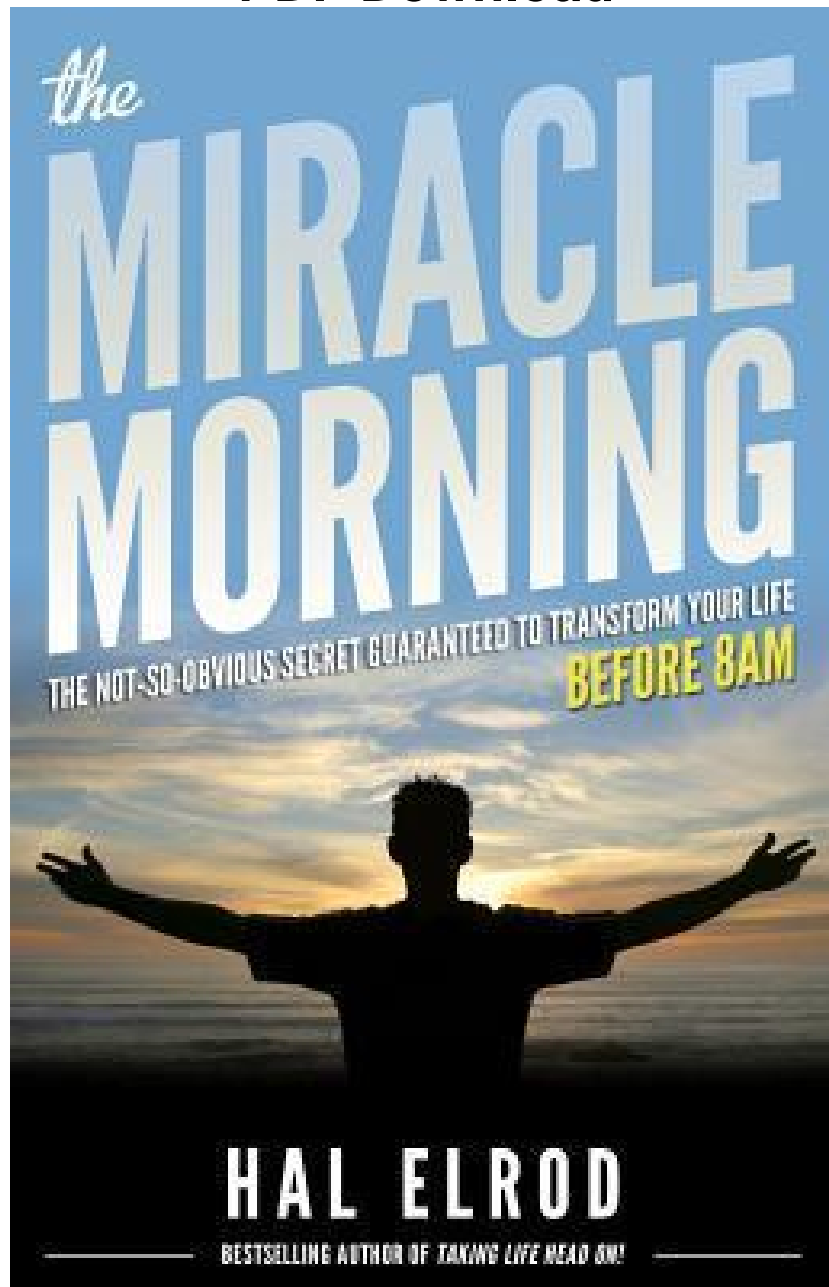


# The Miracle Morning: The Not-So-Obvious Secret Guaranteed to Transform Your Life (Before 8AM) Book PDF Download



By:  
Hal Elrod

# DOWNLOAD THE MIRACLE MORNING: THE NOT-SO-OBVIOUS SECRET GUARANTEED TO TRANSFORM YOUR LIFE (BEFORE 8AM) BOOK PDF - BY: HAL ELROD

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## What people Say:

### Perrin Lindelauf

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 thin

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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

### Xavier Shay

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.

## Amy

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

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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.

## Nate

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.

## Dannii Elle

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

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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 his miracle morning routine? By the simple process of SAVERS:

Meditation, prayer, or breathing techniques to centre yourself

Present tense statements you speak aloud to the universe and, therefore, manifest into beings

A mood board of your dreams to help you better conjure them into reality.

Even if only for 10 minutes. An active body refreshes the mind.

Read even one chapter or blog post on topics that inspire or teach you