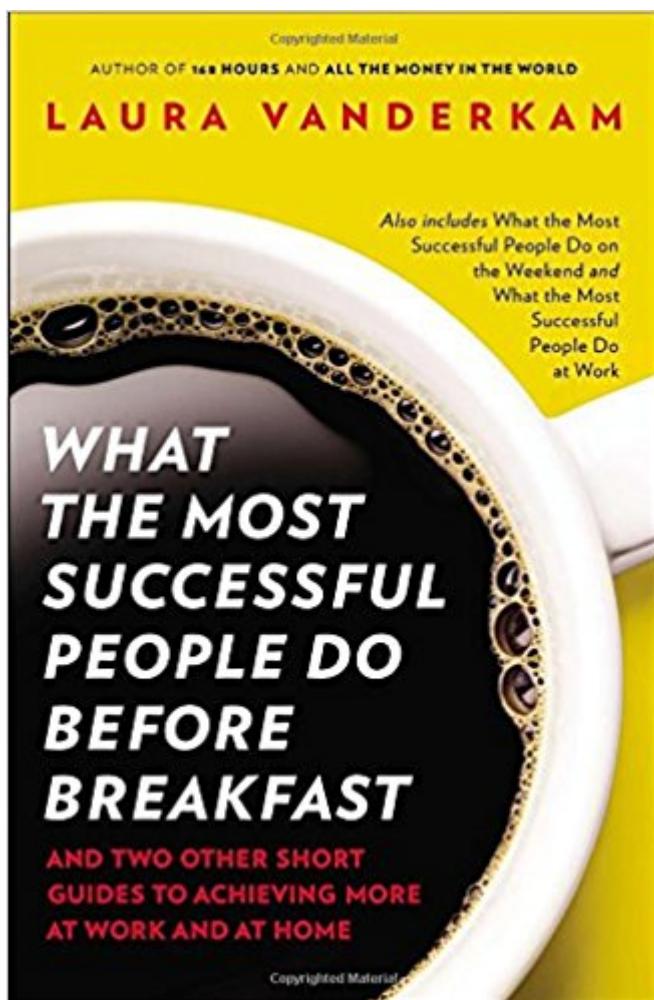


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# What The Most Successful People Do Before Breakfast: And Two Other Short Guides To Achieving More At Work And At Home



## **Synopsis**

Three powerful mini e-books about high productivity, now together in paperback. Laura Vanderkam has combined her three popular mini e-books into one comprehensive guide, with a new introduction. It will help readers build habits that lead to happier, more productive lives, despite the pressures of their busy schedules. Through interviews and anecdotes, she reveals . . . What the Most Successful People Do Before Breakfast "to jump-start the day productively. What the Most Successful People Do On the Weekend "to recharge and prepare for a great week. What the Most Successful People Do at Work "to accomplish more in less time.

## **Book Information**

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## **Customer Reviews**

Laura Vanderkam is also the author of 168 Hours and All the Money in the World. Her work has appeared in the Wall Street Journal, CBS's MoneyWatch, USA Today, and Fortune, among others. She lives outside Philadelphia. Visit [www.lauravanderkam.com](http://www.lauravanderkam.com)

I love to read, but I'm also a "cut to the chase" kind of gal. As others have noted - some kindly, some not-so-kindly - this is a short book, but that also meant that on the first day of the new year, I was able to read it in an afternoon and then spend time thinking about how I could implement the ideas into my routines. If you're looking for a hand-holding book - this is not it. If you're looking for basic ideas, inspiring stories from real people, and a kick in the pants, then you've come to the right place. Vanderkam shares from her personal experiences, as well as from those that she has interviewed. Whether you need some help getting motivated to make the most of your weekends,

get up before 7 am, or get back on the treadmill (that's my personal one), I think you'll find what you need in this paperback. Although I had read a couple of the e-books included in this paperback, it was a really good reminder to read them again, and perfect for the start of a new year.\*\* Word of Warning: If you buy the Kindle version of this book, you will ONLY receive the Breakfast book, so to get the full set (breakfast, weekend, and work), you will need to buy the paperback version. However, I believe it is worth the money, and will become one of those books you will want to re-read at the start of each new year.

This book in a nutshell: Wake up early and use that morning time to do something that enriches your life. The magic of this advice comes not in the words of the book, but in the dispositional change it suggests. The book's central thesis: you have the power to change your life. What this book is doing, in a succinct and marvelous way, is intimating a reference group that you can be a part of if you desire. Movers, shakers, successful people-- all of them, the book claims, use the morning hours to advance something important to them. There are a lot of concrete suggestions in this small ebook for managing your new routine, but it all comes down to making those morning rituals a habit. However, **WHAT THE MOST SUCCESSFUL PEOPLE DO BEFORE BREAKFAST** is not only for morning people. Vanderkam talks a lot about getting up early, but truly, it's not about when you rise, but how you prioritize your day. It's about using those first hours productively, whether they come before dawn or not. This is the dispositional change that can truly impact your life. It's a great message, and a great read. Had a cup of coffee and a biscotti and finished the book before I knew it!

This small paperback packs in three of the author's previous ebooks: **What the Most Successful People Do Before Breakfast: A Short Guide to Making Over Your Mornings--and Life** (A Penguin Special from Portfolio) **What the Most Successful People Do on the Weekend: A Short Guide to Making the Most of Your Days Off** (A Penguin Special from Portfolio) **What the Most Successful People Do at Work: A Short Guide to Making Over Your Career** (A Penguin Special from Portfolio) It also includes a generous appendix with interesting and useful new content: 3 "time makeovers", how to do your own time makeover, and 50 great tips on time management. I read a lot of time management books, articles and blogs, so I see a lot of the same recycled content. Laura Vanderkam's books are delightfully different. She chooses interesting people to interview in a huge range of professions, and has a writing style that's extremely engaging and easy to read. She mixes anecdotes from other successful people in with her own experiences, adding a lot of personality to

what would otherwise be a very dry list of tips. I'm currently taking time off from work and I still find tons of useful information in her books to help me be more effective (and have more fun!) in my personal life. The "weekends" book was especially eye-opening, as I've never thought about the concept of "scheduling" your leisure time. Her simple suggestion of creating "anchor events" has changed the way my family spends our weekends, and consequently we have done a lot more Big Fun Things than I would have expected with two small kids. What I like especially is that her books are not just recycled content from her blog, as many ebooks seem to be. Her writing style is not dry and boring like most nonfiction - in some places, it's downright poetic and often philosophical. Hers is the only time management book I've read that actually made me a bit weepy in one section! If you liked *168 Hours: You Have More Time Than You Think*, you will definitely enjoy this book as well. The content is new and interesting, but follows the same philosophy. These books are the sort I revisit often and make notes about, so getting all three ebooks in print version was extremely helpful. It's a small volume, a quick read, and a great value if you want to get more out of your days, both in and out of the "office", whatever that means for you.

highly recommended reading.

to make better use of my time! The descriptions of what successful people do to make the best use of their time was instructive and had ideas ordinary people can use

Gives practice advice on how to make the most of your time.

All stuff you know in your heart is true, but well articulated.

I love this book. Great info, awesome sense of humor and easy to follow!

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