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The Latter-day Morning: Create A Happier, More Successful, Spiritual Life Before Breakfast



Synopsis

What if, instead of hitting the snooze button, you started your day with energy, vision, success, and the Spirit? Every day about 38% of all people hit the snooze button. But instead of snoozing, what if you devoted that time to growing yourself and your relationship with your Heavenly Father? Imagine how much better things would be. Learn how to transform your life and create a healthier, happier, more successful, and more spiritual life by using a special morning routine just for you.

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Customer Reviews

Mark says that people who have solid morning routines tend to be more successful in all areas of life- health, finance, relationships and so forth. I've studied the habits of some of the more successful people in life and indeed this is the one thing they all have in common: a solid morning routine. Bacera then backs up this assertion by quoting from various sources which state that successful people are simply those with successful habits. There are plenty quotes throughout the book from all sorts of famous and successful people; I like that! It sounds so simple and yet, very few

of us start with a solid morning routine or consciously practice cultivating successful habits. If you've tried before and failed you should get Mark's book because he truly gives a 10-minute morning routine which you can start using today to change your life for the better. I love the fact that Mark starts his day connecting up with His Creator and how everything else flows from there.

This book opens with a simple description of what it's like to wake up everyday and it felt like the author had read my mind! I have always struggled to get up early in the mornings, so reading this book finally gave me a purpose and direction to aim for. Mark brings a sincere and personable approach to his writing so you almost feel like he's in the same room having a conversation with you. The author also illustrates his theory of waking up early with great men in history that were all early risers. In other chapters he breaks down the routine into manageable parts that are easy to adapt to your own life like making a habit stick, how to improve your sleep, walking and use of prayer. Finally techniques to meditate and journalling are provided to help you grow and enrich your life in early mornings. Anyone that is serious about making a meaningful and spiritual change for themselves would benefit from this book

I heard many people talked about the benefit of waking up early, I attempted but failed numerous time. Until I started ready Make Bacera's The Latter-Day Morning, it gives me the push I need to finally wake up early. This is really working!!! I don't procrastinate to go to bed anymore. When I scroll through Facebook, Mark's book pop in my head to remind me to put down the phone and really do something productive. This book is short and sweet, you will finish it in no time, but this can change your life really for the better. The only thing is non LDS may find the chapter headline a little confusing (they are related to LDS hymns, church leader's quote and scripture), that's the only reason I gave 4 starts instead of 5.

The Latter-day Morning: Create a Happier, More Successful, Spiritual Life Before Breakfast by Mark Bacera is a great book that teaches you how important it is to start your day with positive habits. I have read several times recently that a good morning routine will help you on your way to success. Mark Bacera shows us exactly how to make such a routine work and soon become a habit. Forget the snooze button and get up earlier and get your day going right. You just need to start with ten minutes. Soon, you will look forward to getting up earlier and before you know it, an hour will be easy. Once it becomes a habit you will notice how much better your life is. Get the physical, mental and spiritual parts of you off to a good start each day. I recommend this book to everyone who

wants success and happiness.

I love that the structure of this book is really simple and clear. At the same time, it's also interesting with a wide range of perspective because the authors not only added his thought and comment but also included snippets of quotes from the scriptures and general authorities of the Church of Jesus Christ of Latter-Day Saints church. Making it a breeze to read. Also, I love that the 10 minutes morning ritual was specifically designed as an individual time for ourselves. Due to the hectic nature of today's society, many of us doesn't spend time for ourselves that much. So, this book serves as an awesome reminder for need for self-care :)

This book asks you to contribute 10 minutes in the morning before anything else. For a self-evaluation and self-improvement. The morning hours are key time to work on yourself before your work/family can ask anything of you. In a day where we are trying to improve so many processes, this book is overdue in my life for reminding me that I need improvement. And to take time to do just that. I really enjoyed how the topics in this book had several stories associated with them. Not only stories of other, often famous, people but also quotes and scriptures related to them. This book is a great companion to starting off my day. I haven't implemented all of the morning routine, working towards that. However, I have already seen some improvement in my day to day life! This book almost makes me like mornings.

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