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# The 5 A.M. Miracle: Dominate Your Day Before Breakfast



## Synopsis

The 5 A.M. Miracle is a resource guide for high-achievers. It is for anyone who has a wild passion for life and is in search of a structured system that will hone those passions, clarify their big goals, and produce real, amazing results.

1. **Begin Your Day the Right Way** Yes, it's true, I'm a big fan of early mornings. But, more importantly than waking up at an arbitrary time like 5:00 a.m., I'm a strong believer in intentionality. Choosing to wake up with a written plan is something most people just never do, and it's astonishing how much it can change your life once you embrace this single habit.
2. **The 5 AM Blueprint: Seven Steps to Extraordinary Productivity** The bulk of the audiobook breaks down my blueprint for unprecedented progress. From healthy habits and productivity strategies, to review systems and professional-grade daily routines, you will find more actionable content than you could possibly imagine.
3. **Built-In 30-Day Action Plan** Let's not forget that at the end of the audiobook, I summarize the multitude of ideas into an easy-to-follow 30-day plan just so you have a clear plan of action.

## Book Information

Audible Audio Edition

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## Customer Reviews

While I feel bad indulging in marginalia, this is one I couldn't help writing and highlighting in, even in the areas that weren't specifically for writing. This is a very concise book, logical, easy to follow, and written in a way that feels like he genuinely wants you to succeed. I found it inspiring and started putting his ideas in place after chapter one. I've actually read it twice, once I sped through to make

sure his process was doable and once slowly, to daydream and plan while I was reading.

I've been listening to Jeff's podcast for a few years, and I have been anxiously waiting on this book to come out. One of my concerns was that I would already know all of the information in the book since I have heard all of his podcasts, but that wasn't the case. Jeff brought in new ideas, and it was good to see the ideas I have already heard written down. The checklists and worksheets he includes are extremely helpful. He also includes sections like "Kill the Snooze Button", where he shares common pitfalls and mistakes, and how to avoid them. At the end of each chapter, you'll also find a "Quick Review" and an "Action Plan" to go with everything he covered within the chapter. He makes sure you absorb the information. This book is about taking action. Jeff makes it easy to take action, and it's a very easy read. Jeff breaks up the book into many sections, as you can see when you click on "Look Inside" over the cover photo above; this makes for easy reference and easy reading. You can feel Jeff's energy coming off the pages, which really drives you to take immediate action. The 5 AM Miracle goes through a pyramid that Jeff refers to as "The 5 AM Blueprint". He goes step-by-step and guides you all the way to the top of the pyramid by the end of the book. He concludes the book with a "30-Day 5 AM Action Plan". If this book doesn't get you motivated to wake up early and accomplish more than you ever have, then no book will. I enjoyed flying through the pages, as I read it in less than a week. It's a quick read. It's an easy read. You have no excuse not to read it. It's often said that a proper review should have pros and cons, but I don't really see any cons worth focusing on. Jeff has poured everything he has into this book. He has been interviewing and studying productivity gurus for years, and now everything he has learned is in one place. This book is around 10 bucks if you buy it new, so again, I don't see any cons. Stop reading the reviews and start reading the book. It won't take long and it will provide exponential value. I've written a full review for this book on my blog, which is saying a lot, because this is the only book I've reviewed this year.

I would highly recommend the 5 AM Miracle to anyone wanting to increase the productivity of their life. Jeff Sanders does an excellent job helping someone for whom it seems has more things on their to-do list than hours in the day. The layout of the book is clear, concise and makes it very easy

to apply his suggestions. If you are motivated this book produces productivity miracles. That having been said, I first purchased this book in the Kindle Edition but once I realized it's value - I followed up by purchasing a paperback copy. For me, the paperback version is better for doing the "homework" assignments.

It's ok. Nothing special. I feel like its the same advice you get in almost every book. Get up and get it done. Even my grandma knew this. Some topics are really well written and interesting while others drag it out and you wonder when he is finally getting to the point

Really liked this book. I felt it had more substance than Miracle Morning. Hal Elrod's is also a great book and worth buying but I'd go for this first. More examples, plans etc... Great book.

Jeff's indomitable enthusiasm shines through on his podcast (also called the 5 AM Miracle) and, thankfully, in his new book. Filled with concrete advice, tips, and clear actionable next steps, this book can help anyone take control of their time and move steadily towards their grandest goals. Thanks, Jeff!

Yes, this can work...but the most difficult part of it is the getting up early to do this!

This book was so good; I read it twice to make sure I was implementing everything that was suggested. Once I started to applying the 5 AM Miracle, ( 4:30 AM) the number of things I was able to get accomplish has been amazing. If you have certain goals you want to achieve, then this is the book for you.

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Breakfast Recipes: 50 Quick and Healthy Breakfast Recipes (Quick & Easy Breakfast Recipes, Delicious Breakfast, Everyday Recipes)  
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50 Quick and Easy Recipes For Breakfast - Including Pancake Recipes, Waffle Recipes and Crepes Recipes (Breakfast Ideas - The Breakfast Recipes Cookbook Collection 2)  
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The Miracle Ball Method: Relieve Your Pain, Reshape Your Body, Reduce Your Stress [2 Miracle Balls Included]  
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