



Morning Weight Loss: 3-Week Productivity Boosting Program to Help You Get More Done and Shed Pounds, Permanently! (Paperback)

By Leanne Wiese, John Mayo

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you ready to learn the life changing secrets of the miracle morning? Let me guess, you hate mornings, you can barely keep your eyes open during the first hour of your day and you need to drink coffee just to give yourself the energy to get into the shower. Well that s all about to change! Say goodbye to coffee and energy drinks. This book will show you how to make the most of your mornings by helping you boost your productivity and lose weight at the same time! I wasn t always a morning person, but now I love mornings and I find that when I get up early, read a motivational quote and do a quick workout my productivity gets boosted for the rest of the day. I want to share my strategy with the world and this book tells you everything you need to know! Wouldn t it be amazing if everyone could be a morning person? Imagine if you no longer had to dread the sound of your alarm clock and stumble angrily...



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