



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

Jeff Sanders

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THE ULTIMATE GUIDE TO SUPERCHARGING YOUR PRODUCTIVITY, DEMOLISHING YOUR TO-DO LIST AND MAKING TIME FOR YOUR PASSION PROJECTS

The 5 AM Miracle offers you a plan to focus on what matters most, and get more done. It shows how to reap the incredible benefits of early rising, from demolishing your to-do list to making time for your passion projects.

With its 7-step system, this easy-to-follow guide teaches you how to systematically create a healthy, balanced lifestyle and achieve your grandest goals. Packed with tips, tricks and proven strategies for success, *The 5 AM Miracle* explains how and why you should:

- **Create an evening boundary for work**
- **Plan tomorrow on paper tonight**
- **Boost energy all day**
- **Drink 1 liter of water and a green smoothie every morning**
- **Organize annual goals in 3-month chunks**
- **Use a task manager to track projects**

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