



## **5 Minute Morning Boosters: How to create a short morning routine and supercharge your life**

*Rachel Rofe*

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Do you feel like you have unfulfilled potential within yourself? Or like you're stuck in certain areas of your life, no matter what you do?

Do you wish you could just be happier?

If so, The 30 Minute Happiness Formula is perfect for you. If you can commit to 30 minutes a day for 30 days in a row, you will see measurable results in life's most important areas:

- Health
- Money
- Relationships
- Mindset
- Productivity and Goal Setting
- Pleasure
- Organization

Among other things, the 30 Minute Happiness Formula will show you:

How you can set a successful morning routine, even if they've never worked for you before  
5 minute "hacks" you can add to your morning routines to start seeing big results (we want to make this as easy as possible)

Mix-and-match: pick from 101 different 5-minute-or-less activities and apply them to wherever you want to grow the most...

How to wake up earlier, even if you normally hate mornings...

Use the hacks to improve your marriage, upgrade your finances, have more fun, declutter your house, or boost whatever area of your life you're ready to upgrade

There's a LOT covered in this short, to-the-point book. It's easy to read so you can get moving right away.

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book was represented how can the world has grown up. The terminology styles that writer use for explain it is easy to understand. The writer made some research when he makes this book. This is why this book suited all of you.

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