



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

By Rachel Rofé

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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.

To get started, simply scroll to the top of the page, select the "Buy" button, and start reading.

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

By Rachel Rofe

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Editorial Review

About the Author

Rachel Rofé is a multiple bestselling author that's been featured in Entrepreneur, Woman's World, and Fox News. She's developed over 30 products, has a successful podcast, and bought and sold companies with as many as 120+ employees. She speaks nationwide about copywriting, book creation, outsourcing, and product creation. And her favorite part: she does all of this while living the "internet lifestyle", traveling the world and having fun.

Users Review

From reader reviews:

Mary Nixon:

Nowadays reading books be than want or need but also become a life style. This reading habit give you lot of advantages. Associate programs you got of course the knowledge even the information inside the book which improve your knowledge and information. The information you get based on what kind of e-book you read, if you want drive more knowledge just go with schooling books but if you want feel happy read one having theme for entertaining for example comic or novel. The actual 5 Minute Morning Boosters: How to create a short morning routine and supercharge your life is kind of reserve which is giving the reader erratic experience.

Sherry Duncan:

Is it an individual who having spare time in that case spend it whole day by means of watching television programs or just lying down on the bed? Do you need something new? This 5 Minute Morning Boosters: How to create a short morning routine and supercharge your life can be the response, oh how comes? It's a book you know. You are thus out of date, spending your spare time by reading in this fresh era is common not a geek activity. So what these books have than the others?

Shelley Gavin:

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