



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

By Jeff Sanders

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**The 5 A.M. Miracle: Dominate Your Day Before Breakfast** By Jeff Sanders

*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: 7 Steps to Extraordinary Productivity

The bulk of the book 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 book I summarize the multitude of ideas into an easy-to-follow 30-day plan just so you have a clear plan of action.

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## The 5 A.M. Miracle: Dominate Your Day Before Breakfast By Jeff Sanders Bibliography

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