

## Did I Ever Wake Up By Mod Sun

Waking up early was the most life-changing habit I ever did. In just a few weeks I was waking up 2 hours early every day and feeling more productive and happier than ever. This book will show you how I did it. But first, Does this sound like you? Are you dissatisfied with your life? Are you overwhelmed with obligations to everyone else but you? Do you want more time to yourself? Are you confused about your purpose? Are you worried about the future? Do you feel unhappy at work? Are you seeking peace and quiet? Are you feeling depressed and powerless in your life? Do you feel like life is passing you by? That's how I felt. Trust me, I've tried and failed many times! I was addicted to the snooze button and lost momentum when I slept in on the weekends. I couldn't keep the habit and went on Amazon looking for morning routine books. Sound familiar? I was able to string together days, weeks, and months of waking up early every day. I started feeling more alive, more enthusiastic, and more in control of my life. After a few months I felt like I had woken up to a deeper part of my self. My true self. I call this my awakening. There are lots of books out there about waking up early and habit change. What you get with Wake Up is a personal story of how someone just like you put all the advice into practice and saw massive change in his life. It's real, it's honest, it's inspirational. I WOULD LOVE TO WAKE UP EARLY BUT I CAN'T BECAUSE... Let me stop you there, friend. I know what you're going to say. You don't have time, right? You are already get too little sleep and there is NO WAY you could possibly wake up early. Maybe you have kids or family obligations that make it difficult to carve out time for yourself. All I can say is I hear you loud and clear. But this isn't the only excuse I've heard. Do any of these EXCUSES sound familiar? Not enough time I'm not a morning person Lack of self-discipline I keep hitting snooze I'm too tired in the morning My family makes it difficult I can't keep the habit consistent Fortunately, I help you with all these excuses and more in Wake Up. After reading the book, you will have no excuses left! Now's the time to take action my friend! READ WAKE UP AND YOU WILL LEARN HOW TO: BECOME AN EARLY RISER Develop the habit of waking up early every day. Build a perfect morning routine. Imagine what you could do with an extra hour each morning! FIND YOUR PURPOSE We each have a purpose for being on this planet. Learn how to follow your joy and curiosity, then find the courage to show it to the world. BECOME A HABIT MASTER Most of our actions are habitual. Change your habits, change your life! Create the perfect morning routine to do amazing habits every day, consistently! OVERCOME PROCRASTINATION Procrastination is a symptom of a deeper problem. Sometimes we just can't keep a good habit going or we just can't get started. Learn why. GAIN CLARITY AND INNER PEACE Create a sacred morning ritual that embraces quiet solitude and deep thinking. Start your day in touch with your inner self and genuine desires. OVERCOME DEPRESSION Depression is a symptom of a stifled soul that cannot express it's true gifts. Put the power of your life back into your hands and create the life you desire. What would your life be like if you could wake up early every day? Read "Wake Up" and find out. Your true self awaits. This highly engaging book and its enticing messages rouse us to commence the serious business of feeding our minds. Claiming to be knowledgeable, not needing to learn more, can only unmask our impudence. Such disclosure reveals a poverty-stricken philosophy and "poor thinking habits", to borrow Earl Shoaff's wise term,

characterizing our ignorance and disregard. This dream-thief keeps non-thinking individuals impoverished all throughout their lives. The wisdom in Shoaff's words revolutionized many lives, including mentors such as Jim Rhone and Tony Robbins, and indeed inspired many powerful messages in Wake -Up & Dream. This inclusive volume by Nader Rafigh captures many compelling principles of self-development & personal growth to instill in us strong habits of mind to purposefully soar in higher thinking and greater learning. All to uplift and educate us, so we can proudly claim to be awakened, and awakened we better stay to dream!

Several animal friends begin the day together with breakfast and spend time playing outdoors, in a book featuring rhyming text. On board pages.

'Mind-blowing. It kept me guessing from the beginning to the end' Reader review \* \* \* \* \*  
\* The pitch-black bestselling psychological thriller for fans of Friend Request by Laura Marshall and I Am Watching You by Teresa Driscoll. Alex Taylor wakes up tied to an operating table. The man who stands over her isn't a doctor. The choice he forces her to make is utterly unspeakable. But when Alex re-awakens, she's unharmed - and no one believes her horrifying story. Ostracised by her colleagues, her family and her partner, she begins to wonder if she really is losing her mind. And then she meets the next victim. So compulsive you can't stop reading. So chilling you won't stop talking about it. Don't Wake Up is a dark, gripping psychological thriller with a horrifying premise and a stinging twist . . . Readers are completely gripped by Don't Wake Up: 'A gripping read right up to the end . . . fast-paced, well written and exciting' \* \* \* \* \* 'Full of twists . . . one of the best books I've read in a while' \* \* \* \* \* 'A perfect balance of suspense, drama, crime and mystery. A superbly executed book I could not stop reading!' \* \* \* \* \* 'Couldn't put it down' \* \* \* \* \* 'An outstanding debut novel' \* \* \* \* \* 'One of my favourite reads this year' \* \* \* \* \* 'Gripping, fascinating, slightly terrifying, and moved at a quick pace. Overall a great psychological thriller' \* \* \* \* \* 'This is a fantastic novel that will hook you right in and leave you suspecting every single character' \* \* \* \* \*

America was built on nine distinct virtues which shaped the character of our nation and made it great. Grit, manliness, individualism, merit, profit and providence, dominion over our environment, thrift, and above all pride in our country—these qualities define us, and are the reason that hundreds of millions of people worldwide look to America for hope, inspiration, and opportunity. But it's precisely these virtues that now are under attack by the radical Left of Barack Obama, Hillary Clinton, Bernie Sanders, and their followers. America as we know it is eroding before our eyes and becoming what Fox News Channel personality and co-host of "The Five" Eric Bolling calls a "politically correct nanny state." The rewards for individual achievement and hard work, our basic constitutional rights, religious faith, national identity, and capitalism itself, are being replaced by a dangerous socialistic ideology that is the polar opposite of what our Founding Fathers intended America to be. It's time for us to wake up and heed the clear-cut warning signs that America is heading in the wrong direction--before we're too far gone. Eric Bolling knows firsthand what makes America great. Raised in a struggling blue-collar family in Chicago, his parents showed him that hard work and firm values can get you far in life. Those values drove him as a young baseball player to being drafted by the Pittsburgh Pirates, then success as a New York Mercantile Exchange trader, and now his daily role on Fox News Channel. A celebration of

America that is informed by Bolling's personal story, *Wake Up America* is a much-needed call to arms for America's citizens to preserve and protect our country's present and future.

Created by the world-renowned children's author and illustrator Britta Teckentrup, this dreamy, colorful nighttime journey will captivate and soothe young children everywhere. A young girl falls asleep and travels in her dreams through the sky, down to the ocean's depths, and into a jungle. She is accompanied by a lion friend, who eases her fears, gives her confidence, and helps her explore the world around her. Along the way she meets whales, jellyfish, grizzly bears and wolves. Then it is time for the moon balloon to take the girl home to her bed, where she awakes, snuggled safely next to the lion, who returns to being a stuffed toy. Award-winning children's illustrator Britta Teckentrup's collage-like artwork creates a magical world of captivating colors, classic shapes, and softly detailed textures. The gently told story reassures children that they are never alone, even in their dreams. Exquisitely produced, this book is certain to become a pre-bedtime favorite for children and their parents.

Born in Chicago, Dorothea Brande (1893-1948) was a widely respected journalist, lecturer, editor, fiction writer and writing instructor. Brande is widely known for her enduring guide to the creative process, *Becoming a Writer*, originally published in 1934 and still popular today. In 1936, Brande published an inspirational masterwork of practical psychology, *Wake Up and Live!* which she wrote during the Great Depression. *Wake Up and Live!* opened the eyes of thousands of people to a whole new idea of living, as it taught them how to concentrate on the things that really matter. Her most successful book, with more than 34 printings and over 1 million copies sold, it was an inspiration and lesson to all that success is within reach of everyone. For many years, *Wake Up and Live!*, with its simple and sound advice for personal excellence, rivaled the popularity of popular works such as *Think and Grow Rich* and *How to Win Friends and Influence People*. It is considered one of the greatest success guides ever written. Now, this beautifully designed classic of self-improvement, can help you revolutionize your existence and lead you to find the success you desire and so rightly deserve. In this remarkable work you will learn: Why Do We Fail? The Will to Fail Victims of the Will to Fail The Rewards of Failure Righting the Direction The System in Operation Warnings and Qualifications On Saving Breath The Task of the Imagination *Reading Minds* is a practical guide to the cognitive science revolution. With fascinating descriptions of studies of the mind, from the brain scans of lovers and liars in London to the eye movements of babies in Budapest, this book takes the reader into the laboratories of the most innovative psychological researchers around the world. Using anecdotes from everyday life and his clinical practice, renowned psychotherapist and academic the author shows how to use the insights of science to better understand and relate to others.

Sophia Frazier only fights for money. With her life before age twelve a complete blank, the search for her identity and family carries a hefty price tag. She'll even take on a big bruiser like Atticus Chase for a couple of rounds if it means getting closer to figuring out who she is. Atticus falls for Sophia -- literally and figuratively -- the moment she knocks him out, but when he discovers Sophia has no idea she's also a snow leopard, his brothers and the Alphas Council get involved. She's too dangerous to roam the city alone, but Atticus struggles to control his own lion. How can he possibly teach Sophia

to control her leopard? With only a week to learn how to shift before the Council has her executed, Sophia fights to find her place in the world and the Chase family. Loving Atticus should be enough, but as they both run out of time, storms gather and Sophia faces the fight of her life.

### Did I Ever Wake Up? A Book

The Man's Diet is specifically written by and for middle-aged men who want to lose weight. It is also a guide for overcoming major obstacles in your life. The Man's Diet is written for men, and does not concern itself with rice cakes, dieting shakes; but rather Jack Daniel's and pizza. There is a way to have it all, even at your age, it just takes a decision to do it, some creative thinking, and this book in order to achieve success. You only require the right plan. The Man's Diet is your plan to lose weight and live life to its fullest.

The Sunday Times Number One Bestseller It's time we get back to common sense. It's time to cancel the cancel culture. It's time to Wake Up. If, like me, you're sick and tired of being told how to think, speak, eat and behave, then this book is for you.

Jessica Jarlvi is a hugely talented writer and definitely one to watch! SOPHIE HANNAH. A breathtaking, heart-pounding, dark debut, sure to delight fans of *The Girl on the Train* and *Before I Go To Sleep*. When Anna, a much-loved teacher and mother of two, is left savagely beaten and in a coma, a police investigation is launched. News of the attack sends shock waves through her family and their small Swedish community. Anna seems to have had no enemies, so who wanted her dead? As loved-ones wait anxiously by her bedside, her husband Erik is determined to get to the bottom of the attack, and soon begins uncovering his wife's secret life, and a small town riven with desire, betrayal and jealousy. As the list of suspects grows longer, it soon becomes clear that only one person can reveal the truth, and she's lying silent in a hospital bed... What readers are saying about *WHEN I WAKE UP...* 'An absolutely fantastic read with brilliant characters. I did not see that coming. Shocked. 5\*' 'I was in complete suspense all the way to the end. There were so many jaw dropping moments and it has been a long time since a book has gripped me that way' 'The reader is taken on a gripping and tensely dark ride where you suspect everyone! A great read' 'The action was tension-heavy and fast-paced ... I cannot WAIT to see what Jessica Jarlvi will deliver next'

When Frank Thorpe, a deeply moral former undercover operative, sees a hard-charging art dealer knock down a Latino child in LAX airport, he decides to teach him a lesson. But Thorpe's plans get a little out of hand, and Thorpe becomes immersed in a criminal underworld peopled by a drug dealing surfer with a socially-climbing wife, two mentally challenged goons with a penchant for violence, and a vicious Romanian named Vlad. *The Wake-Up* is an absolutely irresistible, outrageously comic thriller that starts off with a bang and never lets up until the end.

Mod Sun has his own take on the world. In *Did I Ever Wake Up?* the drummer-turned-rapper offers his advice on how to succeed in life, just as he's done. Born and raised in Minnesota, Mod's philosophy is about pulling up your bootstraps and taking control of your existence. No one can do it for you. Like he says in Chapter 6, "There's no such thing as hard." Positive thinking can provide the impetus to do great things. Reading this book is one big step in that direction.

A poor kid from a small town in N.Y. that didn't have much but he did have a close knit family. Even though Keith and his family didn't have much that didn't stop him from enjoying his childhood. Being poor didn't afford Keith all the pleasures of having what he wanted but he made do for what he did have. Having an abusive father in a poor neighborhood and other social obstacles was the norm back in the days but it didn't stop Keith from persevering and turning a negative into a positive. Keith has been through many trials in his life and once he found God he realizes that he was always

being protected by God. Keith tells his story of trials and letdowns to let readers know that no matter what we may go through that God has a plan for each and everyone of us. Don't let what happens to you rule over your life. Seek God and pray to Him and you will prosper and come out victorious!

Gene Wolfe's *Return to the Whorl* is the third volume, after *On Blue's Waters* and *In Green's Jungles*, of his ambitious SF trilogy *The Book of the Short Sun* . . . It is again narrated by Horn, who has embarked on a quest in search of the heroic leader Patera Silk. Horn has traveled from his home on the planet Blue, reached the mysterious planet Green, and visited the great starship, the Whorl and even, somehow, the distant planet Urth. But Horn's identity has become ambiguous, a complex question embedded in the story, whose telling is itself complex, shifting from place to place, present to past. Perhaps Horn and Silk are now one being. *Return to the Whorl* brings Wolfe's major new fiction, *The Book of the Short Sun*, to a strange and seductive climax. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

Intimately and without jargon, *How to Wake Up: A Buddhist-Inspired Guide to Navigating Joy and Sorrow* describes the path to peace amid all of life's ups and downs. Using step by step instructions, the author illustrates how to be fully present in the moment without clinging to joy or resisting sorrow. This opens the door to a kind of wellness that goes beyond circumstances. Actively engaging life as it is in this fashion holds the potential for awakening to a peace and well-being that are not dependent on whether a particular experience is joyful or sorrowful. This is a practical book, containing dozens of exercises and practices, all of which are illustrated with easy-to-relate to personal stories from the author's experience.

Jesus said, "My sheep hear My voice," but many Christians do not know how to hear from God. In this practical, story-rich guidebook, international teacher Larry Kreider shows believers how to develop a listening relationship with the Lord. *Speak Lord, I'm Listening* explores the multiple ways Christians can hear the voice of God in today's world. It offers real-life examples of how God teaches His followers to listen. Contains tips in each chapter for distinguishing His voice from the noise of Satan's interference. Christians across the denominational spectrum will develop a closer and deeper relationship with God as they learn fifty unique ways to listen to Him. You will realize that God was speaking to you all along but, like the disciples on the road to Emmaus, you didn't know it was Him!

Why would you settle for an ordinary life when you have an extraordinary mind? Break your good life into six bite-size pieces so you can live a successful life without regret. What this world needs now more than ever are women who think differently. Every action taken or decision made is affected by our thoughts, mindset, and beliefs about the world. Our fears, excuses, procrastination, and self-sabotage must change if we want to impact our lives in any meaningful way. So, what is the secret to discovering lasting fulfillment in a culture that wants us sleeping? In *Wake Up!*, Lindsay Teague Moreno explores the six core foundations for a fulfilled life and the mindset shift that can occur when you stop looking at the expectations you put on yourself. Through stories and tough questions, you will emerge more prepared to live the kind of life that feels right, regardless of what other people think of it. In the areas of relationships, health, finance, business, and personal and spiritual life, *Wake Up!* will help you assess

what you believe and how that affects your success. Then Moreno walks you through how to burn down the old ways to build the life of your dreams by: Squeezing lessons out of life's biggest letdowns, Finding fulfillment in the middle of the fire, Shifting your mindset to control your thoughts and make the future happen on purpose, and Living a life with no excuses and nothing to lose. "Creating a vision of the life we'd like to live isn't hard. In fact, it's pretty fun and satisfying," says Moreno. "It's easy to see all the problems we have now and say, 'If this wasn't a problem, then I'd be happy.' But that's just a lie we tell ourselves to keep ourselves safe and warm in the house and story we've built for ourselves." Moreno will also share ways you can change your mindset in each core foundation so that your life works for you, rather than the other way around. Perfect for women who work inside or outside the home, Wake Up! will show you why it's so important to understand how and why we change our minds and wake up to what we really believe. Only you can emit that special energy that comes from being brave enough to live a life you'll never regret. Whole-life fulfillment is only a mindset shift away.

An inspirational book by self-made musical superstar, Russ, reminding you that it starts with YOU, to believe in yourself, and to get out of your own way. Twenty-six-year-old rapper, songwriter, and producer Russ walks his own path, at his own pace. By doing so, he proved that he didn't need a major label to surpass over a billion streams on Spotify/Apple Music, get on Forbes' 2019 "30 Under 30," make the Forbes' "30 Under 30 Cash Kings" at number 20 for most earned, sell out arenas across the U.S. and around the globe, and become one of the most popular and engaged rappers right now. His method was simple: love and believe in yourself absolutely and work hard no matter what. In this memoir, Russ inspires readers to walk to their individual rhythms and beat their biggest obstacles: themselves. With chapters named after his most powerful and popular songs, It's All in Your Head will reflect on the lessons he's learned from his career, family, and relationships. He'll push readers to bet on themselves, take those leaps of faith, and recognize struggles as opportunities. With illustrations throughout consistent with the brand Russ has built and his fan base loves, It's All in Your Head will give readers an inside-look at the man and the motivation behind the music. A lover of books like *The Alchemist* and *The Seven Spiritual Laws of Success*, Russ delivers a short, potent, inspirational, raw, and honest book that gives readers a way to find self-belief and unlock their potential. Fans already rely on Russ as an inspiration of confidence; now, he is taking it to the next level with this book, which will contain lyrics from his music and visuals that reflect his inimitable style. Russ utilizes his relentless passion and supreme confidence in his own talents to manifest his dreams and has been doing that since well before he was ever famous. In his first book, Russ gives readers the tools to do the same whether they want to succeed in music, in romance, or simply in life. In the vein of mega bestsellers like *Unf\*ck Yourself* and *The Subtle Art of Not Giving a F\*ck*, Russ's memoir levels with his readers: there are no shortcuts to success.

Do you ever feel like you are failing in life? In this book you'll find practical ways of improving every aspect of your life. The author writes from experience, and how she has learned to change circumstances, from failure to great success. In it you'll learn why do we fail, overcoming the will to fail, righting the direction, the task of imagination and many more principles of success. Practice the skills that will help you rise and find

meaning and direction in this life. Thousands of people around the world have learned and practiced the principles found in this book. The lessons are easy to read, and simple to understand."Once more: however remarkable the results, the process is straightforward and uncomplicated. It is worth trying, for it has worked in hundreds of lives. It can work in any life that is not more truly dedicated to failure than to success."As its said above these principles will work for you, and will revolutionize your life completely as long as you commit and dedicate to the principles in this book. The time is NOW, that you turn your life arou

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