

## The 5 Am Club

Reeda Summer is running from a troubled marriage and a truth she can't face. When the Summer sisters discover their grandmother's journals after her death, they unlock a mystery that shakes their family to the core. Who is Charlie Jackson? Is he their grandfather? And if so, what happened to him? Reeda leaves the Waratah Inn and returns to Sydney, her husband, and her thriving interior design business, only to find her marriage in tatters. She's lost sight of what she wants in life and can't recognise the person she's become. Instead of facing her problems, Reeda embarks on a journey to discover more about the grandfather she never knew, leaving her troubles behind her. Her search takes her to Italy, where a trail of clues leads her across the country with few answers to satisfy her burning curiosity about the past. And instead of helping her to forget, her pilgrimage reminds her of everything she loves and what she's left behind. Under the Italian sky, Reeda discovers that the joy she was searching for was hidden inside her all along. And instead of running from her problems, she embraces the healing she needs to face them. Readers who enjoy Inglath Cooper, Rhys Bowen, Lisa Wingate, Debbie Macomber, and Lauren K. Denton will love taking this healing journey through delightful Italy.

Become a millionaire by learning from millionaires An Eventual Millionaire is someone who knows they will be a millionaire, eventually. But they want to do it on their own terms—with an enjoyable life and an enjoyable business. Eventual Millionaires are everywhere, from the airplane pilot looking to start his own business for more freedom and money to a student looking to start her life on the right foot to a successful business owner needing inspiration and wondering how to take her business to the next level. There are many ways to become a millionaire, but research has often shown that creating your own business is one of the best ways to build wealth. The Eventual Millionaire will lay the foundation for those looking to start their own business and work their way toward financial independence and a fulfilled life. Contains the insights of more than 100 millionaires and their various experiences Written by Jaime Tardy, founder of eventualmillionaire.com and a business coach for entrepreneurs A companion website includes an "Eventual Millionaire Starter Kit" with worksheets, business plan documents, and much more We all want to be successful and enjoy financial security, but we might not know how or don't think we can do it. The Eventual Millionaire will show you what it takes.

How Waking Up Earlier Can Transform Your Productivity And Lifestyle "Early to Bed, Early to Rise Makes a Man Healthy, Wealthy, and Wise." - Benjamin Franklin Ambitious people have a deep desire to get more things done by waking up early, oftentimes earlier than the rest of the world. While it's also true that many people have trouble waking up at early hours it doesn't mean they are lazy. Typically, people face an energy ceiling each morning because of how the brain and body works at the start of each and every morning. Many ambitious, driven folks simply lack the fundamental knowledge of physiology for success. This book is a compilation of wisdom from The 5 AM Club - secrets of success shared from top performers both young and old. Readers will learn quickly how to maximize the first 15 minutes of each day using methods proven by science and spirituality. By knowing how to energize your mind, body and spirit, your day will awaken right along with it. For example, the very first thing one should do when they wake up is drink a large glass of water, preferably cold. The body has been in hibernation for 7-8 hours and needs water to properly circulate around the bloodstream in all facets to function. In essence your body is dehydrated and will function better by flushing through new nutrients. Try it out for yourself. If you don't believe it, go ahead and feel the difference within 10 minutes. There are proven strategies and methods that will physically prepare the human body for the day. The mind is a powerful tool which must be properly charged and put into the right mindset each morning after a full night's rest. Incantations, motivational language and journaling can be powerful tools to navigate the waters of strategy. These all must be combined in a strategical fashion to ensure your morning hours are maximized for success. Begin the Morning Ritual Mastery as an easy to follow blueprint so you can save time and get more done each and every single morning.

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

Do you want more free book summaries like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. What does an artist, an entrepreneur, and a billionaire have in common? They all start their mornings at 5 AM! It might sound crazy, but by following their story, The 5 AM Club (2018) will show you how you can revolutionize your morning, reclaim your life, and get more personal growth and passion out of the first hour of your day than most people do all week.

How The Most Successful People In The World Get Things Done Let's face it, not all of us are morning people. I certainly was not one. There is nothing today like waking up early in the morning, taking your time to enjoy the day first before heading off to your chaotic workplace. You just feel energized throughout the entire day. However, most of us never experience that and end up spending the majority of our days in a cloud of laziness because of waking up later than we should. In this book you will find a variety of different

ways to help you wake up early without having to fight against yourself, how to wake up feeling energized and how to wake up and be as productive as possible. Join The 5 AM Club 5 AM is simply a magical time to wake up and begin your day. You will achieve mental clarity and simply get things done. There will be no distractions from your phone, social media or even friends and family - everyone is asleep. Peak Productivity\* Introducing The Morning Energizer Routine \* Setting The Stage For Early Morning Success \* 6 Tips To Start Waking Up Early \* Waking Up Early and Accomplishing Your Goals \* Start Your Day Off On The Right Foot

Legendary leadership and elite performance expert Robin Sharma introduced The 5am Club concept over twenty years ago, based on a revolutionary morning routine that has helped his clients maximize their productivity, activate their best health and bulletproof their serenity in this age of overwhelming complexity. Now, in this life-changing book, handcrafted by the author over a rigorous four-year period, you will discover the early-rising habit that has helped so many accomplish epic results while upgrading their happiness, helpfulness and feelings of aliveness. Through an enchanting--and often amusing--story about two struggling strangers who meet an eccentric tycoon who becomes their secret mentor, The 5am Club will walk you through: \* How great geniuses, business titans and the world's wisest people start their mornings to produce astonishing achievements\* A little-known formula you can use instantly to wake up early feeling inspired, focused and flooded with a fiery drive to get the most out of each day\* A step-by-step method to protect the quietest hours of daybreak so you have time for exercise, self-renewal and personal growth\* A neuroscience-based practice proven to help make it easy to rise while most people are sleeping, giving you precious time for yourself to think, express your creativity and begin the day peacefully instead of being rushed\* 'Insider-only' tactics to defend your gifts, talents and dreams against digital distraction and trivial diversions so you enjoy fortune, influence and a magnificent impact on the world Part manifesto for mastery, part playbook for genius-grade productivity and part companion for a life lived beautifully, The 5am Club is a work that will transform your life. Forever. From The Monk Who Sold His Ferrari author comes an inspiring parable about the skills needed to excel in career and life.

Connecting deeply with our kids can be difficult in our busy, technology-driven lives. Reading aloud offers us a chance to be fully present with our children. It also increases our kids' academic success, inspires compassion, and fortifies them with the inner strength they need to face life's challenges. As Sarah Mackenzie has found with her own six children, reading aloud long after kids are able to read to themselves can deepen relationships in a powerful way. Founder of the immensely popular Read-Aloud Revival podcast, Sarah knows first-hand how reading can change a child's life. In The Read-Aloud Family, she offers the inspiration and age-appropriate book lists you need to start a read-aloud movement in your own home. From a toddler's wonder to a teenager's resistance, Sarah details practical strategies to make reading aloud a meaningful family ritual. Reading aloud not only has the power to change a family—it has the power to change the world.

"Rose reports for Fenton County jury duty and, despite a disastrous encounter with the new assistant district attorney, Mason Deveraux, she's picked as a juror on a murder case. As the trial progresses, she realizes an ominous vision she had in the men's restroom proves the defendant is innocent"--

"Quickly and assuredly, Jewell builds an ecosystem of countervailing suspicions...Tricky, clever, unexpected." —New York Times Book Review "Brace yourself as Jewell stacks up the secrets, then lights a long, slow fuse." —People "A seize-you-by-the-throat thriller and a genuinely moving family drama." —A.J. Finn, #1 New York Times bestselling author of The Woman in the Window The instant New York Times and #1 Sunday Times bestselling author of the Then She Was Gone delivers another suspenseful page-turner about a shocking murder in a picturesque and well-to-do English town, perfect "for fans of Gone Girl, The Girl on the Train, and Luckiest Girl Alive" (Library Journal). You're back home after four years working abroad, new husband in tow. You're keen to find a place of your own. But for now, you're crashing in your big brother's spare room. That's when you meet the man next door. He's the head teacher at the local school. Twice your age. Extraordinarily attractive. You find yourself watching him. All the time. But you never dreamed that your innocent crush might become a deadly obsession. Or that someone is watching you. In Lisa Jewell's latest "bone-chilling suspense" (People), no one is who they seem—and everyone has something to hide. Perfect for fans of Gillian Flynn and Ruth Ware, Watching You will keep you guessing as "Jewell teases out her twisty plot at just the right pace" (Booklist, starred review) until the startling revelations on the very last page.

The #1 New York Times bestseller. Over 3 million copies sold! Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: • make time for new habits (even when life gets crazy); • overcome a lack of motivation and willpower; • design your environment to make success easier; • get back on track when you fall off course; ...and much more. Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

How The Most Successful People In The World Get Things Done In this book you will not only find a series of tips and techniques that will help you to wake up early, you will also find a variety of strategies that will help you to make the most out of your morning the moment that your alarm begins to go off. No matter how big the problem is that you are facing, with this book you will be sure to find a solution. So, let's not waste any more time! Let's get you the tips you need to start energizing your mornings right now! Learn 11 Tips That Will Help You Achieve Massive



ResultsHelping You To Find The Motivation You Need To Wake Up EarlyWhen Should You Get Up?The Importance of SleepThe Art Of Waking Up EarlyTips To Rising EarlyThe Importance Of Creating A Night Time Routine5 AM is simply a magical time to wake up and begin your day. You will achieve mental clarity and simply get things done. There will be no distractions from your phone, social media or even friends and family - everyone is sleeping. Download This Book Today "Tags: Morning Ritual, Morning Routine, Morning Habits, Peak Productivity, Time Management, Happiness, Productivity

After a bizarre encounter with his lost cousin, Julian Mantle—a former high-powered lawyer who suddenly vanished into the Himalayas—Jonathan Landry is compelled to travel across the planet to retrieve letters and mementos that carry the extraordinary secrets that Julian discovered throughout his life. On a remarkable journey that includes visits to the sensual tango halls of Buenos Aires, the haunting catacombs of Paris, the gleaming towers of Shanghai and the mystical deserts of Sedona, *The Secret Letters of The Monk Who Sold His Ferrari* reveals astounding insights on reclaiming your personal power, being true to yourself and fearlessly living your dreams.

Once in a while, a book comes along that changes how you think, feel, and act every day. In *Eat Move Sleep*, #1 New York Times bestselling author Tom Rath delivers a book that will improve your health for years to come. While Tom's bestsellers on strengths and well-being have already inspired more than 5 million people in the last decade, *Eat Move Sleep* reveals his greatest passion and expertise. Quietly managing a serious illness for more than 20 years, Tom has assembled a wide range of information on the impact of eating, moving, and sleeping. Written in his classic conversational style, *Eat Move Sleep* features the most proven and practical ideas from his research. This remarkably quick read offers advice that is comprehensive yet simple and often counterintuitive but always credible. *Eat Move Sleep* will help you make good decisions automatic — in all three of these interconnected areas. With every bite you take, you will make better choices. You will move a lot more than you do today. And you will sleep better than you have in years. More than a book, *Eat Move Sleep* is a new way to live.

How Waking Up At This Magical Time Can Transform Your Productivity And Lifestyle "Early to Bed, Early to Rise Makes a Man Healthy, Wealthy, and Wise." - Benjamin Franklin There really is another side of the bed. You've no doubt heard the old saying, that you must have gotten up on the wrong side of the bed... and it is true in a way. Allow me to introduce you to the right side... the Five AM Club side of the morning. Like a revelation that shakes one to the foundation, realizing that there is a completely innovative, refreshing, and invigorating way to live, that others simply sleep through, this new concept, developed over the past few months by innovators across the globe, has generated a brand-new approach to life, that at once awakens the senses, impassions the soul, and moves one onto the fast track to success. IF you are looking for the solution that has been eluding you, this is the book you're after. If you want an understanding of how it can be that just changing the time you awaken can honestly change your attitude and your level of success, this is what you want to read and embrace. Even if all you want is to believe again that what you desire to do you can accomplish, buy and read this book; it does hold the keys to a lifestyle change that will blow your mind. You want to act now, because the key to this exciting and wondrous new life is solely in your hands.

Robin Sharma is known the world over as the man behind *The Monk* phenomenon, the #1 bestselling series of inspirational books spun around the engaging fable of a jet-setting lawyer who gives it all up to search for his best life. Well over a million copies of Sharma's books have been sold, inspiring business people, parents and people from all walks of life to reach for -- and realize -- their highest potential. Now, in a remarkable book that will appeal to his legion of fans, as well as introduce him to a whole new audience, Robin Sharma has written a deeply personal guide that shares his own life journey, combined with 10 high-impact lessons for success. Readers will discover: how to transform fears into freedom lessons to find lasting happiness unique tools to build loving relationships powerful strategies to simplify life and reduce stress Rich with proven wisdom and packed with real-world examples, *The Greatness Guide* is an extraordinary resource for all those searching for peace, meaning and authentic success in every facet of their lives.

In her global phenomenon *The 5 Second Rule*, Mel Robbins taught millions of people around the world the five second secret to motivation. Now she's back with another simple, proven tool you can use to take control of your life: *The High 5 Habit*. Don't let the title fool you. This isn't a book about high fiving everyone else in your life. You're already doing that. Cheering for your favorite teams. Celebrating your friends. Supporting the people you love as they go after what they want in life. Imagine if you gave that same love and encouragement to yourself. Or even better, you made it a daily habit. You'd be unstoppable. In this book, Mel teaches you how to start high fiving the most important person in your life, the one who is staring back at you in the mirror: YOURSELF. If you struggle with self-doubt (and who doesn't?) ... If you're tired of that nagging critic in your head (could somebody evict them already?) ... If you're wildly successful but all you focus on is what's going wrong (you're not alone) ... If you're sick of watching everybody else get ahead while you sit on the couch with your dog (don't bring your dog into this) ... ..Mel dedicates this book to you. Using her signature science-backed wisdom, deeply personal stories, and the real-life results that *The High 5 Habit* is creating in people's lives around the world (and you'll meet a lot of them throughout this book), Mel will teach you how to make believing in yourself a habit so that you operate with the confidence that your goals and dreams demand. *The High 5 Habit* is a simple yet profound tool that changes your attitude, your mindset, and your behavior. So be prepared to laugh and learn as you take steps to immediately boost your confidence, happiness, and results. It's time to give yourself the high fives, celebration, and support you deserve.

Once we have finally decided which role we play in our lives, are we completely sure that this is the role we have chosen to play or be. Or could it be possible that we are a product of everybody else's agendas Alongside this third and final passage of the trilogy, we will discover simple and powerful truths that might take a second to be thought and a life to be lived, and that is what makes all the difference between you and everyone else. Let that second tell you how it's to be immortal. <<

Are you in the 5 am club? Or are you a follower of the "Hero, Genius & Legend" program? Then this journal is for you. For 90 days this journal will help you keep an overview of all the tools. Do you feel overwhelmed by the number of things that you learned in this program? "My 5 am journal" is here to help you keep track of everything and not lose sight

of any of the important program steps. You can now track your new habit, write down your gratitude list, keep track of 20-20-20 and 90-90-1, your 2WW, your "25 I am's" and more. All in one place, easily accessible.

After her mother's mysterious death, a young woman is summoned to the floating city of Sky in order to claim a royal inheritance she never knew existed in the first book in this award-winning fantasy trilogy from the NYT bestselling author of *The Fifth Season*. Yeine Darr is an outcast from the barbarian north. But when her mother dies under mysterious circumstances, she is summoned to the majestic city of Sky. There, to her shock, Yeine is named an heiress to the king. But the throne of the Hundred Thousand Kingdoms is not easily won, and Yeine is thrust into a vicious power struggle with cousins she never knew she had. As she fights for her life, she draws ever closer to the secrets of her mother's death and her family's bloody history. With the fate of the world hanging in the balance, Yeine will learn how perilous it can be when love and hate - and gods and mortals - are bound inseparably together. *The Inheritance Trilogy* *The Hundred Thousand Kingdoms* *The Broken Kingdoms* *The Kingdom of Gods* *The Inheritance Trilogy* (omnibus edition) *Shades in Shadow: An Inheritance Triptych* (e-only short fiction) *The Awakened Kingdom* (e-only novella) For more from N. K. Jemisin, check out: *Dreamblood Duology* *The Killing Moon* *The Shadowed Sun* *The Broken Earth* *The Fifth Season* *The Obelisk Gate* *The Stone Sky*

One of the most powerful forces in business today is the positive psychology movement -- overcoming self-defeating attitudes and developing our talents and positive traits. Much of the new thinking, in fact, stems directly from the concepts in Norman Vincent Peale's great classic bestseller, *The Power of Positive Thinking*, which has been translated into forty-two languages and has sold over 22 million copies. Now, after years of extensive research and field testing, working in cooperation with the Peale Center and major corporations nationwide, Scott Ventrella has adapted those concepts into a systematic program for people in business to achieve greater levels of personal and professional performance. *The Power of Positive Thinking in Business* provides a practical way for each of us to develop and actually strengthen the ten traits of a positive thinker. Inevitably, our performance rises to new levels when we learn how to overcome negative attitudinal barriers such as fear, lack of self-confidence, and low self-esteem, and instead develop the traits that characterize a positive thinker: optimism, enthusiasm, belief, integrity, courage, confidence, determination, patience, calmness, and focus. *The Power of Positive Thinking in Business* encourages us to concentrate on objective, rational thinking instead of self-limiting beliefs and negative self-talk. The result is an increased ability to deal effectively with tough situations and difficult people, in both business environments and personal lives. Together, rational thinking and the ten traits of a positive thinker can turn defeatist behavior into productive actions that will overcome the toughest of challenges with powerful, positive results. Best of all, these practical yet powerful concepts are applicable to businesspeople at all levels, disciplines, and functions within an organization, and have been adapted to appeal to people of all faiths.

**#1 NEW YORK TIMES BESTSELLER** • A memoir of leadership and success: The executive chairman of Disney, Time's 2019 businessperson of the year, shares the ideas and values he embraced during his fifteen years as CEO while reinventing one of the world's most beloved companies and inspiring the people who bring the magic to life. **NAMED ONE OF THE BEST BOOKS OF THE YEAR BY NPR** Robert Iger became CEO of The Walt Disney Company in 2005, during a difficult time. Competition was more intense than ever and technology was changing faster than at any time in the company's history. His vision came down to three clear ideas: Recommit to the concept that quality matters, embrace technology instead of fighting it, and think bigger—think global—and turn Disney into a stronger brand in international markets. Today, Disney is the largest, most admired media company in the world, counting Pixar, Marvel, Lucasfilm, and 21st Century Fox among its properties. Its value is nearly five times what it was when Iger took over, and he is recognized as one of the most innovative and successful CEOs of our era. In *The Ride of a Lifetime*, Robert Iger shares the lessons he learned while running Disney and leading its 220,000-plus employees, and he explores the principles that are necessary for true leadership, including: • **Optimism.** Even in the face of difficulty, an optimistic leader will find the path toward the best possible outcome and focus on that, rather than give in to pessimism and blaming. • **Courage.** Leaders have to be willing to take risks and place big bets. Fear of failure destroys creativity. • **Decisiveness.** All decisions, no matter how difficult, can be made on a timely basis. Indecisiveness is both wasteful and destructive to morale. • **Fairness.** Treat people decently, with empathy, and be accessible to them. This book is about the relentless curiosity that has driven Iger for forty-five years, since the day he started as the lowliest studio grunt at ABC. It's also about thoughtfulness and respect, and a decency-over-dollars approach that has become the bedrock of every project and partnership Iger pursues, from a deep friendship with Steve Jobs in his final years to an abiding love of the Star Wars mythology. "The ideas in this book strike me as universal" Iger writes. "Not just to the aspiring CEOs of the world, but to anyone wanting to feel less fearful, more confidently themselves, as they navigate their professional and even personal lives."

Legendary leadership and elite performance expert Robin Sharma introduced The 5am Club concept over twenty years ago, based on a revolutionary morning routine that has helped his clients maximize their productivity, activate their best health and bulletproof their serenity in this age of overwhelming complexity.

The "story of a woman coming home to the family she left behind--and to the woman she always wanted to be... Georgia Chambers has spent her life sifting through other people's pasts while trying to forget her own. But then her work as an expert on fine china--especially Limoges--requires her to return to the one place she swore she'd never revisit... It has been thirteen years since Georgia left her family home on the coast of Florida..."--

The word If is a powerful little word. Some people are stuck in if only, trudging through lives marked with regret. But God wants us to live lives marked with possibilities, with the what if attitude that looks forward to the future with confidence. Why? Because the answer to "If God is for us, who can be against us?" is "No one." God is always on our side,



every day, in every way. Young people especially need to hear this life-changing message of hope and freedom from Mark Batterson and his son Parker. With his trademark enthusiasm and contagious joy, Batterson helps teens and young adults overcome those feelings of guilt, fear, and doubt that plague them and embrace the truth that in Christ there is no condemnation. Unpacking the promises of Romans 8, he shows young readers that they are more than conquerors--right now and forever. And because of that, the possibilities for their lives are limitless.

With the help of industrialist Andrew Carnegie, the author of this remarkable book spent two decades interviewing hundreds of people renowned for their wealth and achievement. Napoleon Hill's all-time bestseller in the personal success field offers priceless advice on positive thinking and overcoming adversity by distilling the collective wisdom of Henry Ford, Thomas Edison, John D. Rockefeller, and other successful figures from the worlds of finance, industry, and the arts. Growing rich, Hill explains, is about far more than just making money. "Whatever the mind can conceive and believe," he asserts, "it can achieve with positive mental attitude." Hill outlines 13 principles of success involving goal setting, developing entrepreneurial thinking, and exercising effective leadership. A must for any reader of *The Secret*, this guide will transform the way you think about time, money, and relationships, setting your feet on the path to financial freedom.

*The 5 AM Club: Own Your Morning, Elevate Your Life* (2018) by leadership guru Robin Sharma is an inspirational work of fiction. Sharma uses the narrative of a fictional artist, entrepreneur, and tycoon to extol the virtues of rising early every morning. Purchase this in-depth summary to learn more.

**OWN YOUR MORNING, ELEVATE YOUR LIFE** Legendary leadership and elite performance expert Robin Sharma introduced The 5 AM Club concept over twenty years ago, based on a revolutionary morning routine that has helped his clients maximize their productivity, activate their best health and bulletproof their serenity in this age of overwhelming complexity. Now, in this life-changing book, handcrafted by the author over a rigorous four year period, you will discover the early-rising habit that has helped so many accomplish epic results while upgrading their happiness, helpfulness and feelings of aliveness. Through an enchanting—and often amusing—story about two struggling strangers who meet an eccentric tycoon who becomes their secret mentor, *The 5 AM Club* will walk you through: ? How great geniuses, business titans and the world's wisest people start their mornings to produce astonishing achievements ? A little-known formula you can use instantly to wake up early feeling inspired, focused and flooded with a fiery drive to get the most out of each day ? A step-by-step method to protect the quietest hours of daybreak so you have time for exercise, self-renewal and personal growth ? A neuroscience-based practice proven to help make it easy to rise while most people are sleeping, giving you precious time for yourself to think, express your creativity and begin the day peacefully instead of being rushed ? "Insider-only" tactics to defend your gifts, talents and dreams against digital distraction and trivial diversions so you enjoy fortune, influence and a magnificent impact on the world **ROBIN SHARMA** is a globally respected humanitarian. Widely considered one of the world's top leadership and personal optimization advisors, his clients include famed billionaires, professional sports superstars and many Fortune 100 companies. The author's #1 bestsellers, such as *The Monk Who Sold His Ferrari*, *The Greatness Guide* and *The Leader Who Had No Title* are in over 92 languages, making him one of the most broadly read writers alive today. A portion of the proceeds of this book will go to The Robin Sharma Foundation for Children to help kids in need live better lives. "Robin Sharma's books are helping people all over the world lead great lives." —**PAULO COELHO**

This book gives the solution to the best life possible: Get up at 5 A.M. and get into the exclusive club of the one percentile in the world. Here's how. First: Get the best sleep possible Learn the fundamentals of a calming and peaceful sleep. Once you solve the sleeping puzzle, you'll be a different person altogether. Second: Have a great morning ritual Practise a world-class morning ritual to kick-start a fantastic day. And by that, it means every single day. Third: Wake up with passion Too many people use sleep as a convenient drug to avoid facing the harsh reality. This book will give you fifty reasons to wake up at 5 A.M. with a smile on your face. Fourth: Implement the right changes in eight weeks In order to massively upgrade your life, more than motivation or discipline, this book will teach you a new structure which will never let you go back to your old ways. Stop feeling so overworked and overwhelmed! Learn the secret to a great life. Buy *The 5 A.M. Revolution* now to increase your productivity while you gain more balance between your personal and professional life.

Legendary leadership and elite performance expert Robin Sharma introduced The 5am Club concept over twenty years ago, based on a revolutionary morning routine that has helped his clients maximize their productivity, activate their best health and bulletproof their serenity in this age of overwhelming complexity. Now, in this life-changing book, handcrafted by the author over a rigorous four-year period, you will discover the early-rising habit that has helped so many accomplish epic results while upgrading their happiness, helpfulness and feelings of aliveness. Through an enchanting—and often amusing—story about two struggling strangers who meet an eccentric tycoon who becomes their secret mentor, *The 5am Club* will walk you through: How great geniuses, business titans and the world's wisest people start their mornings to produce astonishing achievements A little-known formula you can use instantly to wake up early feeling inspired, focused and flooded with a fiery drive to get the most out of each day A step-by-step method to protect the quietest hours of daybreak so you have time for exercise, self-renewal and personal growth A neuroscience-based practice proven to help make it easy to rise while most people are sleeping, giving you precious time for yourself to think, express your creativity and begin the day peacefully instead of being rushed "Insider-only" tactics to defend your gifts, talents and dreams against digital distraction and trivial diversions so you enjoy fortune, influence and a magnificent impact on the world Part manifesto for mastery, part playbook for genius-grade productivity and part companion for a life lived beautifully, *The 5am Club* is a work that will transform your life. Forever.

NEW YORK TIMES BESTSELLER • The specter of graduation looms large as Naomi Novik's groundbreaking, New York Times bestselling trilogy continues in the stunning sequel to *A Deadly Education*. "The climactic graduation-day battle will bring cheers, tears, and gasps as the second of the Scholomance trilogy closes with a breathtaking cliff-hanger."—Booklist (starred review) In *Wisdom, Shelter*. That's the official motto of the Scholomance. I suppose you could even argue that it's true—only the wisdom is hard to come by, so the shelter's rather scant. Our beloved school does its best to devour all its students—but now that I've reached my senior year and have actually won myself a handful of allies, it's suddenly developed a very particular craving for me. And even if I somehow make it through the endless waves of maleficaria that it keeps throwing at me in between grueling homework assignments, I haven't any idea how my allies and I are going to make it through the graduation hall alive. Unless, of course, I finally accept my foretold destiny of dark sorcery and destruction. That would certainly let me sail straight out of here. The course of wisdom, surely. But I'm not giving in—not to the mals, not to fate, and especially not to the Scholomance. I'm going to get myself and my friends out of this hideous place for good—even if it's the last thing I do. With keen insight and mordant humor, Novik reminds us that sometimes it is not enough to rewrite the rules—sometimes, you need to toss out the entire rulebook. The magic of the Scholomance trilogy will continue in 2022

Be more effective with less effort by learning how to identify and leverage the 80/20 principle: that 80 percent of all our results in business and in life stem from a mere 20 percent of our efforts. The 80/20 principle is one of the great secrets of highly effective people and organizations. Did you know, for example, that 20 percent of customers account for 80 percent of revenues? That 20 percent of our time accounts for 80 percent of the work we accomplish? The 80/20 Principle shows how we can achieve much more with much less effort, time, and resources, simply by identifying and focusing our efforts on the 20 percent that really counts. Although the 80/20 principle has long influenced today's business world, author Richard Koch reveals how the principle works and shows how we can use it in a systematic and practical way to vastly increase our effectiveness, and improve our careers and our companies. The unspoken corollary to the 80/20 principle is that little of what we spend our time on actually counts. But by concentrating on those things that do, we can unlock the enormous potential of the magic 20 percent, and transform our effectiveness in our jobs, our careers, our businesses, and our lives.

Framed by her own personal struggle with bulimia and body dysmorphia, Maria Koutsogiannis' *Mindful Vegan Meals* traces the foods she ate to get her to the next stage of her recovery in a way that will inspire and help others with this large and growing problem as evidenced by her large social media following. Maria pairs stories of her recovery from bulimia and body dysmorphia with the recipes that kept her body nourished along the way, giving an intimate look at how she went from eating disorder to proclaiming her personal mantra: "Fear not. Food is your friend." Packed with vibrant and healthy recipes inspired by her journey, including milestone recipes like the first carbs she allowed herself to eat, *Mindful Vegan Meals* offers a hopeful look at life while overcoming an eating disorder. This book will have 75 recipes and 75 photos.

The 5 AM Club Own Your Morning. Elevate Your Life. HarperCollins

From the New York Times bestselling authors of *Sprint* comes a simple 4-step system for improving focus, finding greater joy in your work, and getting more out of every day. "A charming manifesto—as well as an intrepid do-it-yourself guide to building smart habits that stick. If you want to achieve more (without going nuts), read this book."—Charles Duhigg, bestselling author of *The Power of Habit* and *Smarter Faster Better* Nobody ever looked at an empty calendar and said, "The best way to spend this time is by cramming it full of meetings!" or got to work in the morning and thought, "Today I'll spend hours on Facebook! Yet that's exactly what we do. Why? In a world where information refreshes endlessly and the workday feels like a race to react to other people's priorities faster, frazzled and distracted has become our default position. But what if the exhaustion of constant busyness wasn't mandatory? What if you could step off the hamster wheel and start taking control of your time and attention? That's what this book is about. As creators of Google Ventures' renowned "design sprint," Jake and John have helped hundreds of teams solve important problems by changing how they work. Building on the success of these sprints and their experience designing ubiquitous tech products from Gmail to YouTube, they spent years experimenting with their own habits and routines, looking for ways to help people optimize their energy, focus, and time. Now they've packaged the most effective tactics into a four-step daily framework that anyone can use to systematically design their days. *Make Time* is not a one-size-fits-all formula. Instead, it offers a customizable menu of bite-size tips and strategies that can be tailored to individual habits and lifestyles. *Make Time* isn't about productivity, or checking off more to-dos. Nor does it propose unrealistic solutions like throwing out your smartphone or swearing off social media. Making time isn't about radically overhauling your lifestyle; it's about making small shifts in your environment to liberate yourself from constant busyness and distraction. A must-read for anyone who has ever thought, "If only there were more hours in the day...", *Make Time* will help you stop passively reacting to the demands of the modern world and start intentionally making time for the things that matter.

For over twenty-five years, leadership legend and personal-mastery path-blazer Robin Sharma has mentored billionaires, business titans, professional-sports superstars and entertainment royalty via a revolutionary methodology that led them to accomplish rare-air results. Now, in this groundbreaking book, Sharma makes his transformational system available to anyone who is ready for undefeatable positivity, monumental productivity, deep spiritual freedom and a life of helping others. In *The Everyday Hero Manifesto* you will discover: · The hidden habits used by many of the world's most creative and successful people to realize their visionary ambitions · Original techniques to turn fear into fuel, problems into power and past troubles into triumphs · A breakthrough blueprint to battle-proof yourself against distraction and procrastination so that you produce magic that dominates your domain · Pioneering insights on adopting world-class routines that will lead you to achieve superhuman fitness and become the most disciplined person you know · Unusual wisdom to operate with far more simplicity, beauty and peace Part memoir of a life richly lived, part instruction manual for virtuoso-grade performance, and part handbook for spiritual freedom in an age of high-velocity change, *The Everyday Hero Manifesto* will completely transform your life. Forever. ROBIN SHARMA is a humanitarian who has devoted his life to helping people express their highest natural gifts. He is widely regarded as one of the top leadership and personal-mastery experts in the world. His clients include NASA, Microsoft, NIKE, Unilever, GE, FedEx, HP, Starbucks, Oracle, Yale University, PwC, IBM Watson and the Young Presidents' Organization. His #1 international bestsellers, such as *The 5 AM Club*, *The Monk Who Sold His Ferrari*, *The Greatness Guide* and *Who Will Cry When You Die?*, have sold millions of copies in over ninety-two languages, making him one of the most widely read authors on the planet.

The *Expanse* meets *Game of Thrones* in J. S. Dewes's fast-paced, sci-fi adventure *The Last Watch*, where a handful of soldiers stand between humanity and annihilation. The Divide. It's the edge of the universe. Now it's collapsing—and taking everyone and everything with it. The only ones who can stop it are the Sentinels—the recruits, exiles, and court-martialed dregs of the military. At the Divide, Adequin Rake commands the Argus. She has no resources, no comms—nothing, except for the soldiers that no one wanted. Her ace in the hole could be Cavalon Mercer—genius, asshole, and exiled prince who nuked his grandfather's genetic facility for "reasons." She knows they're humanity's last chance. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.



**\*\* PRE-ORDER THE MEMORY BOX, THE NEW NOVEL FROM KATHRYN HUGHES \*\*** Every so often a love story comes along to remind us that sometimes, in our darkest hour, hope shines a candle to light our way. Discover THE LETTER by Kathryn Hughes, the Number One bestseller that has captured thousands of hearts worldwide. Perfect for fans of The Notebook by Nicholas Sparks. 'A wonderful, uplifting story' Lesley Pearse Join the hundreds of thousands of readers worldwide who have fallen in love with THE LETTER: 'An amazing, heartwrenching, unforgettable story' 'This beautiful story will bring tears and joy' 'Loved this story !! It kept me totally gripped although I was sobbing in places as well' 'A tale of love and hope with lots of twists and turns. A great story!' Tina Craig longs to escape her violent husband. She works all the hours God sends to save up enough money to leave him, also volunteering in a charity shop to avoid her unhappy home. Whilst going through the pockets of a second-hand suit, she comes across an old letter, the envelope firmly sealed and unfranked. Tina opens the letter and reads it - a decision that will alter the course of her life for ever... Billy Stirling knows he has been a fool, but hopes he can put things right. On 4th September 1939 he sits down to write the letter he hopes will change his future. It does - in more ways than he can ever imagine... THE LETTER tells the story of two women, born decades apart, whose paths are destined to cross and how one woman's devastation leads to the other's salvation. **\*\*\* Kathryn's beautiful new novel HER LAST PROMISE is available now \*\*\***

The Automatic Writing Experience, AWE, is like having the world's greatest coach right in your back pocket. Ever grabbed the steering wheel, and yanked it to the side, just in the nick of time? Or ever picked up the phone to call someone, only to find they're already there! Inside of each one of us, is an inner wisdom just waiting to come out. It's the voice that had you turn the wheel or pick up the phone. And this inner knowing has the answers to your most pressing questions. Where do I go? What do I do? Why am I even here? Or even how do I get out of this mess? The answers are closer than you think and with The Automatic Writing Experience (AWE), a revolutionary process to enter a meditative state, put pen to paper, and watch the words flow, you'll have access to this incredible wisdom anytime you want. And the greatest thing is, you don't need any particular belief, spirituality, or even gift. This ability to tap in is available to everyone--especially you. In AWE, you'll quickly and easily learn how to tune into this wisdom, get answers, find direction, and point your ship almost anywhere you desire. You'll learn more about your life than you ever imagined! And using AWE, you'll tap into the most powerful manifestation tool, putting the law of attraction into action, helping attract your dreams, and much more. PRAISE FOR AWE, THE AUTOMATIC WRITING EXPERIENCE ""Michael is a powerhouse of information to change your life in ways that are emotional and physical, especially when you have been faced with any kind of hardship or struggle. His knowledge and tool chest is not just one thing, but many that have already brought peace, newfound strength and inspiration to the ones that need it the most." -Anthony William #1 New York Times best-selling author and the originator of the global celery juice movement. "This book will show you exactly how to discover your inner power and wisdom through a powerful process of taking pen in hand." -CHRISTIANE NORTHRUP, MD, New York Times best-selling author "AWE is your step-by-step guide to tapping into the wisdom of the cosmos and the infinite potential available from that source." -Dawson Church, Award-winning author of Bliss Brain: The Neuroscience of Remodeling Your Brain for Resilience, Creativity and Joy. " Michael demonstrates how the method of automatic writing brought him back from the brink—and how it can deliver breakthroughs in your life. This book is a user's manual to your inner resources. " -Mitch Horowitz, Author of The Miracle Club "Automatic writing is a powerful spiritual practice that supports your personal connection to the divine." -Kyle Gray, Best-selling author of Angel Prayers and Raise Your Vibration "Drawing on an ancient practice and the latest in deep mind techniques, Michael Sandler helps you plug into the power Source that can guide you to manifest the life of your dreams. " -Dr. Joe Vitale, Author of Zero Limits "Michael Sandler is an insightful and generous teacher, and many will find this book to be an invaluable tool for accessing the wisdom of the Higher Self. " -Paul Selig, Author of Alchemy, A Channeled Text  
"Learning how to listen to your intuition and your direct spiritual guidance is the only way we move forward with our lives." -Sandra Ingerman, MA, Award winning author of 12 books including Walking in Light and The Book of Ceremony  
"Read what Michael has to share and help to know your true self and heal. " -Bernie Siegel, MD, Author of No Endings Only Beginnings and with grandson Charlie Siegel, the poetry book, When You Realize How Perfect Everything Is "Most of us in the quiet time of writing feel inner peace and spiritual renewal. But until now only the inimitable Michael has pulled this perennial experience into a full-fledged spiritual practice to be engaged in with uplifting creative energies that arise from the very depths of our inner being. " - Stephen G. Post Ph.D., Founding director of the Institute for Research on Unlimited Love and author of Why Good Things Happen to Good People " As Michael points out, you don't need to be religious, spiritual or even believe in any kind of higher power—you just need to follow his simple technique and you'll find yourself connected to an infinite wisdom that's available to help guide you through life." -Bill Bennett, Author and Director of PGS and Facing Fear "A big 'Woo Hoo!' to Michael Sandler for taking the 'Woo Woo' out of automatic writing! He approaches what has long remained a mysterious process of attuning to higher guidance and makes it easy and accessible for all. " – Suzanne Giesemann, Author of Messages of Hope and The Daily Way messages "In The Automatic Writing Experience (AWE), Michael Sandler provides a proven process for illuminating the path of the most sacred journey we will every take—to self-love and self-worth. "-Nancy Levin, Best selling author of Setting Boundaries Will Set You Free "Michael's book will have you diving into AWE in no time, plugging into your inner spirit, and rediscovering your true power. " – Anne Bérubé P.h. D., Author of Be Feel Think Do: A Memoir "Michael's expertise at receiving guidance from Spirit combined with his easy-to-follow approach will have you communicating with the heavens in record time. " – Julie Ryan, Medical Intuitive, Medium and Psychic "If you are someone who wants a personal transformation of how you think and communicate, but also has a desire to explore the untapped wisdom and spiritual guidance that is just waiting to come through you, this book is probably what you've been looking for. " -Dr. Michael Lennox, Psychologist and Astrologer "The wisdom in this book borrows from many different psychological, philosophical and spiritual traditions and merges them all into one unique system of Sandler's creation that offers us practical and simple practices that can bring us great healing and insight. " – Jonathan Hammond, Author of The Shaman's Mind—Huna Wisdom to Change Your Life "If you want to live your greatest life, way outside the box, and better than you ever imagined, then you need to dive into AWE. " -Brant Pinvidic, Author of The 3 Minute Pitch, CEO INvelop Entertainment

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