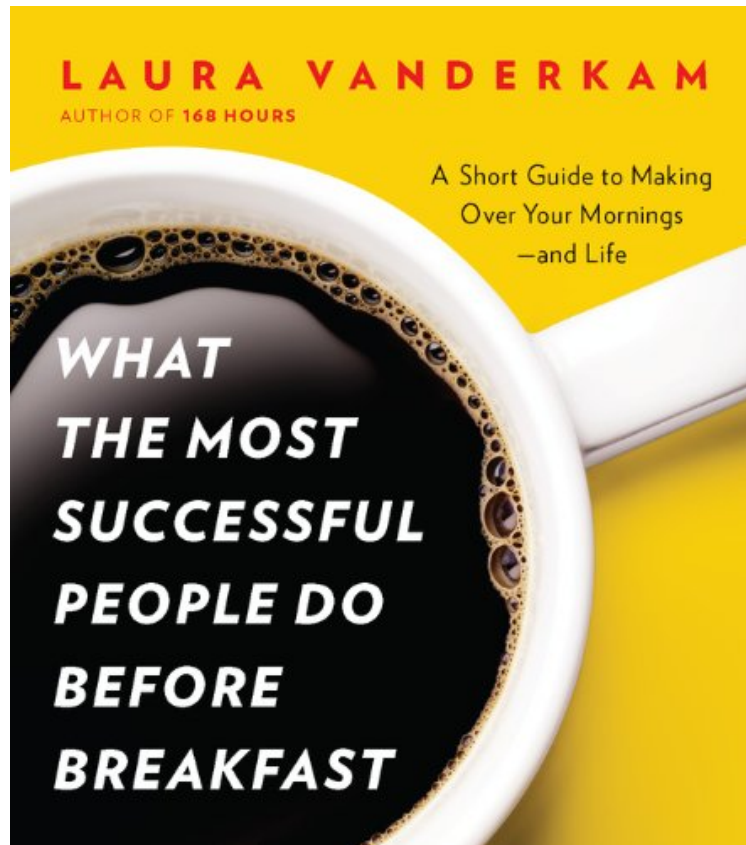


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What the Most Successful People Do Before Breakfast: A Short Guide to Making Over Your Mornings--and Life (A Penguin Special from Por tfolio)

Laura Vanderkam

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Laura Vanderkam : What the Most Successful People Do Before Breakfast: A Short Guide to Making Over Your Mornings--and Life (A Penguin Special from Por tfolio) before purchasing it in order to gage whether or not it would be worth my time, and all praised What the Most Successful People Do Before Breakfast: A Short Guide to Making Over Your Mornings--and Life (A Penguin Special from Por tfolio):

395 of 413 people found the following review helpful. Well...By Kim SnarksI think I misunderstood what this book was going to do for me. I was expecting ideas and tips and what I got was almost an autobiography. I learned more about the author and her family than I did about reversing my late night/late morning habits.It was well written and I have no real complaints other than the title being misleading. It wasn't a guide at all. It was humorous but not very instructive.Also it led me to inadvertent irony in action - I stayed up late reading this book and ended up oversleeping the next day.1 of 1 people found the following review helpful. Nice pep talk but very short/superficial coverage of the topicBy LittleSammyThis book is an extremely short pep talk about creating time in the early morning hours to do things for yourself. This is not a detailed "how to" book but an overview of the topic. In a nutshell, it gives brief

examples of extremely successful people and how they use their mornings (e.g., exercising, meditation, family time, etc), briefly argues why using the morning hours is beneficial (e.g., you haven't yet exhausted your day's limited supply of willpower), and gives a short list of things you could do with your morning hours (e.g., exercising, crafting, eating breakfast as a family, etc). It's concise, well written, and will be motivational to those who are already thinking about doing this (I imagine anyone who's considering purchasing this book). I wish it was longer and went into more detail on the topic - I was shocked when I got to the end of the book in 15 minutes. 84 of 84 people found the following review helpful. BasicBy Richard SI enjoyed reading this book but be aware of what you're buying. It's very short and probably a bit overpriced for the length. It doesn't provide any real insights either - the entire book can really be reduced to: get up early and use that time to work on things that you consider meaningful ('important but not urgent' tasks).

Mornings are a madcap time for many of us. We wake up in a hazeddash;often after hitting snooze a few times. Then we rush around to get ready and out the door so we can officially start the day. Before we know it, hours have slipped by without us accomplishing anything beyond downing a cup of coffee, dashing off a few emails, and dishing with our coworkers around the water cooler. By the time the workday wraps up, we're so exhausted and defeated that any motivation to accomplish something in the evening has vanished. But according to time management expert Laura Vanderkam, mornings hold the key to taking control of our schedules. If we use them wisely, we can build habits that will allow us to lead happier, more productive lives. Drawing on real-life anecdotes and scientific research that shows why the early hours of the day are so important, Vanderkam reveals how successful people use mornings to help them accomplish things that are often impossible to take care of later in the day. While many of us are still in bed, these folks are scoring daily victories to improve their health, careers, and personal lives without sacrificing their sanity. For instance, former PepsiCo chairman and CEO Steve Reinemund would rise at 5:00 a.m., run four miles, pray, and eat breakfast with his family before heading to work to run a Fortune 500 company. *What the Most Successful People Do Before Breakfast* is a fun, practical guide that will inspire you to rethink your morning routine and jump-start your life before the day has even begun.

About the Author Laura Vanderkam is also the author of *168 Hours* and *All the Money in the World*. Her work has appeared in the *Wall Street Journal*, CBS's *MoneyWatch*, *USA Today*, and *Fortune*, among other. She lives outside of Philadelphia.