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2025-02-12 7 9 A 6 **Routines: Master Habits, Routines, and Focus to Create the Life You Want (The Essential Guide to Creating Your Personal Morning Routine That Will Actually Work)** Vernon Pineda, 101-01-01 You re about to discover how to start your morning with a routine similar to the morning routines of some of the most successful people on earth This book promises to train you and give you an insight into why most successful people are successful based on what they do after waking up in the morning So sit back and enjoy a fun educating and motivational time with this book to improve your life and set you on the right path to success in life Here are some of the things that you ll learn How to get a good night s sleep How to create your personal morning routine How to create a plan that you will actually stick to Healthy ways to start your morning How to deal with all the obstacles and make sure you won t abandon your routine Authored by an experienced school teacher who understands the challenges teens face this book is born from a passion for helping students succeed both inside and outside the classroom The author emphasizes that many obstacles to academic success stem from poor habits at home By establishing effective morning routines teens can set a positive tone for the rest of their day enhancing their ability to learn and thrive

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