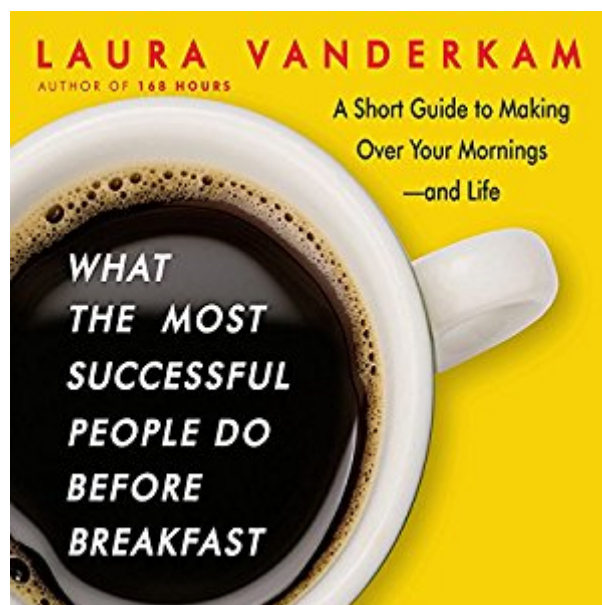


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# What The Most Successful People Do Before Breakfast: A Short Guide To Making Over Your Mornings—and Life



## Synopsis

Mornings are a madcap time for many of us. We wake up in a haze-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.

## Book Information

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## Customer Reviews

I 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.

I 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).

I feel shortchanged. This "book" is not as advertized, so check the subtitle before you buy it. It is a short, with the emphasis on short, guide to making over your mornings. It is a quick read with a few good ideas, but there is not enough there for it to make the leap from pamphlet or extended magazine article, to book. There isn't enough new - I'm familiar with the time management strategy of "do the important things first, to make sure they get done." There isn't enough substance - I had burned through 60 percent of this "book" in about an hour. There isn't enough background - how and why did the successful people referenced in the book develop their morning routines? Tell me more about who they are? The good thing is I got this review done before breakfast. Maybe I'll write a pamphlet next, and call it a book.

The book was an easy read, which I finished in a couple days. The information was average there were not any real new concepts in the book. Mostly information you probably already know. That being said I will try to be more productive in the mornings and implement some of the tips from the book. To be honest there were some things that were a bit redundant you get the point early on. I would say go ahead and buy the book. However, the current price as of this post is 2.99 its more of 99 cent kindle read. If the price goes higher than a few bucks, you might feel disappointed.

If you sat down and started writing about success one weekend, just based on whatever came to mind, you would be able to compete with this book.

The book is very short and was a quick, easy read. The book basically was saying that you can exercise in the mornings or make breakfast time the family time instead of dinner and other random stuff. It also said that mornings are the best time to get stuff done rather than later in the day

because there are no interruptions, but hey, there are no interruptions later in the night too. Also if you are getting up early, what about sleep? Should we cut down in it? This was not discussed and it merely said go to bed earlier. Now we all know that is not possible in several households. So yeah, the book didn't help me at all. I paid the kindle price which is \$4, and even at that price it did not seem worth it.

I read the "sample" of this book on my Kindle and thought the rest of the book would have more insights on the morning habits of well-known professionals in business, government, education, science, etc. I purchased & read the full version and found it had fewer specifics on people than I was anticipating and describes more broadly the habits some people follow to improve the effectiveness of their days. That being said, it was worth the quick read (it is a long essay), and I'll consider how to integrate some of its principles into my life.

So many books today outline great ideas about how to make our lives better. And so few of them offer real, concrete, actionable behaviors that help you get you there. Not so here. In this accessible, intelligent and readable book, Laura Vanderkam puts forth an old idea in a very modern light. Basically, that getting up early--and putting those hours to good, productive, enriching use--is a key driver of success for many people. Moreover, she provides compelling evidence for why this is and outlines doable things we all can apply if we want to experience this in the real world. Now, let me share my own proclivities: I am not and never have been a "morning person." I tend to be more of a night owl and do some of my best work in the evening hours. Vanderkam references the differences inherent in what she calls night owls (a camp she identifies with) and larks (those who more naturally rise before dawn). But she also points out that most of fall in between these two dichotomies. My own morning routines tend to revolve around rising so that I have just enough time to do what I HAVE to do: coffee, hygiene, coffee, kids, transportation, coffee, get to meetings/work. Reading this book revealed thoughts about not only how others have found success through rising earlier (not news) but why this is so and specifically how we might apply some of these disciplines to our own lives. I found this level of detail refreshing, and liked her honest approach to habit formation (clue: it is NOT just a matter of willpower). In all, I thoroughly enjoyed the book and, more importantly, have started to actively apply many of its recommendations and precepts into my daily life. I highly recommend it for anyone looking to make time for the important, not just urgent, things in their lives.

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