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The Latter-day Morning: Create A Happier, More Successful, Spiritual Life Before Breakfast



Synopsis

What if, instead of hitting the snooze button, you started your day with energy, vision, success, and the Spirit? Every day about 38% of all people hit the snooze button. But instead of snoozing, what if you devoted that time to growing yourself and your relationship with your Heavenly Father? Imagine how much better things would be. Learn how to transform your life and create a healthier, happier, more successful, and more spiritual life by using a special morning routine just for you.

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Customer Reviews

I found so many helpful information in this book and highlighted so many sections. I know this book is geared towards LDS, but I think any Christian could see and gather inspiration from it. Starting your day with God is a good any for anyone! The book is broken down into three easy sections - why we should do this, the routine (and the meat of most of the book) and then an encouraging ending. I loved that each part of the routine was covered in a chapter. There were helpful links and quotes in each chapter of the morning routine - and research as to why we should include each of these important steps. I also really loved that there was a 10 minute version discussed as well as a

Sunday version discussed too. This book was very motivational to me. Since reading the book I've been working on implementing small portions of the routine into my day. I can really tell a difference in my day! I loved the quote that was throughout the book - "If you want to stand out, don't sleep in" If making over your mornings is something that you want to focus on in 2016, then I suggest this book. It was a great read full of helpful information that has helped me get going in the morning!

This book opens with a simple description of what it's like to wake up everyday and it felt like the author had read my mind! I have always struggled to get up early in the mornings, so reading this book finally gave me a purpose and direction to aim for. Mark brings a sincere and personable approach to his writing so you almost feel like he's in the same room having a conversation with you. The author also illustrates his theory of waking up early with great men in history that were all early risers. In other chapters he breaks down the routine into manageable parts that are easy to adapt to your own life like making a habit stick, how to improve your sleep, walking and use of prayer. Finally techniques to meditate and journaling are provided to help you grow and enrich your life in early mornings. Anyone that is serious about making a meaningful and spiritual change for themselves would benefit from this book

The Latter-day Morning: Create a Happier, More Successful, Spiritual Life Before Breakfast by Mark Bacera is a great book that teaches you how important it is to start your day with positive habits. I have read several times recently that a good morning routine will help you on your way to success. Mark Bacera shows us exactly how to make such a routine work and soon become a habit. Forget the snooze button and get up earlier and get your day going right. You just need to start with ten minutes. Soon, you will look forward to getting up earlier and before you know it, an hour will be easy. Once it becomes a habit you will notice how much better your life is. Get the physical, mental and spiritual parts of you off to a good start each day. I recommend this book to everyone who wants success and happiness.

One of the biggest decisions that changed my life was the decision to wake up earlier to work on my dreams. This book reiterates many of the things I know to be true about the power of waking up earlier and using that time to improve your life. He gives you a simple and practical routine that can be done in as little as ten minutes per day. If you're constantly hitting the snooze button you're letting your life waste away. Read the latter day morning if you want to be inspired and spring up out of bed!

Mark says that people who have solid morning routines tend to be more successful in all areas of life- health, finance, relationships and so forth. I've studied the habits of some of the more successful people in life and indeed this is the one thing they all have in common: a solid morning routine. Bacera then backs up this assertion by quoting from various sources which state that successful people are simply those with successful habits. There are plenty quotes throughout the book from all sorts of famous and successful people; I like that! It sounds so simple and yet, very few of us start with a solid morning routine or consciously practice cultivating successful habits. If you've tried before and failed you should get Mark's book because he truly gives a 10-minute morning routine which you can start using today to change your life for the better. I love the fact that Mark starts his day connecting up with His Creator and how everything else flows from there.

Bacera is straight straight to the point. He offers practical tips to start living your best life ever - TODAY! A powerful start to your morning is the first step to a powerful day. I'm so thankful for the insight Bacera shares.

While the final application may change based on the individual, Mark has shown that taking control of your morning and following a routine will help to make a better you. Practicing what is written in this book will help you to both feel better and be better. So grab a copy, get some sleep and wake up to a better life!

Mr Bacera has written an empowering guide on how to live your life to it's full potential. By setting your alarm only 10 minutes earlier, the author will show you how to transform your daily grind into a life changing positive mental state that will help you make the most of your day, your life and your opportunities. As with any advice, you take out what you put in. Put in the extra time (up to an hour each morning and you may well find the changes to be staggering. Highly recommended.

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