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5 AM CLUB: Äg din morgon, förändra ditt liv Robin Sharma,2019-07-23 WINNING STARTS AT THE BEGINNING Under morgonens första magiska timma kan du få giga grunden för ett hälsosammare mindre stressigt och mer framgångsrikt liv Den numera som tidigare ledarskapscoachen Robin Sharma berjade utveckla sitt revolutionerande koncept för drygt 20 år sedan Sedan dess har hans 5 AM metod hjälpt otaliga människor världen över att få sin produktivitet och finna lugn och fokus i en tid där behovet av detta är starkt i gongs i 5 AM CLUB delar han med sig av metoden som hjälper dig att ta kontroll över din kropp och dina tankar genom att starta dagen med 20 minuter träning för att avsluta med 20 minuter mentala värningar och till sist 20 minuter personlig utveckling Efter tiden har du dig mer inspirerad och fokuserad för dagens alla utmaningar 5 AM CLUB är både ett manifest och en handbok En bok som på riktigt kommer att förändra ditt liv För alltid 5 AM CLUB är dig att utnyttja den lugna tiden innan resten av världen och familjen vaknar en steg för steg metod som ger dig tid för träning meditation och personlig utveckling vinnande vanor som håller hela livet tekniker och strategier för att vakna tidigt och för en kickstart som hjälper dig att behålla fokus hela dagen hur du tar hand om dina drömmar skyddar dig mot vardagens alla tekniska och sociala distraktioner och blir den bästa mest hängbara versionen av dig själv ROBIN S SHARMA är en hyllad kanadensisk författare och föreläsare ledarskapsexpert samt författare till detta jurist Han är mest känd som författaren till Munken som sålde sin Ferrari och hans berättar historien i 15 miljoner exemplar

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