

# ANDREW HUBERMAN'S MORNING ROUTINE

## Wake up early

Waking up early, around 5:00 or 6:00 am helps you feel more energized and focused throughout the day.



## Hydrate

Adding some lemon juice or apple cider vinegar to the water alkalizes the body and improves gut health.



## Stretch

Spend a few minutes stretching to improve flexibility, reduce muscle tension, and increase blood flow.



## Fuel up with a healthy breakfast

A healthy breakfast (eggs, avocado, and whole-grain toast...) will provide sustained energy throughout the day.



## Journal

Journaling can help you improve self-awareness and mental clarity.

## Get exposure to natural light

This can help to regulate the body's internal clock and improve overall mood and energy levels.



## Meditate

Practice for at least 10 minutes every morning to help reduce stress and improve mental clarity.



## Exercise

Engage in some form of physical activity to help improve overall fitness and energy levels.



## Cold exposure

Taking a cold shower improves circulation, reduces inflammation, boosts metabolism, and guards your health against cold weather.



## Set and review daily goals

Review your goals at the end of the day as a way to reflect on progress and identify areas for improvement.



## Morning Routine This Month Open Now

**New York (N.Y.). Department of Health**

## **Morning Routine This Month Open Now:**

**Days 195 to 202** Amy Cross,2022-10-30 Having finally returned to New York Elizabeth finds herself still struggling to come to terms with Toad's death Haunted everywhere she goes by reminders of her dead family she finds refuge in a surprising place But when people start dropping dead in the streets Elizabeth and her new friends face the horrifying possibility that the zombie threat is far from over Meanwhile Thomas makes an important decision Finding nothing worth staying for in New York he decides that it's finally time to go and search for his missing sister Can he persuade Elizabeth to go with him What dangers will he find once he hits the road And will he finally find Martha waiting for him at the farm Days 195 to 202 is the ninth book in the Mass Extinction Event series The book ends with a cliffhanger and readers are advised to start with the first part of the series

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## Unveiling the Energy of Verbal Beauty: An Emotional Sojourn through **Morning Routine This Month Open Now**

In a world inundated with displays and the cacophony of fast interaction, the profound power and emotional resonance of verbal artistry often fade into obscurity, eclipsed by the continuous barrage of noise and distractions. Yet, nestled within the musical pages of **Morning Routine This Month Open Now**, a interesting perform of literary elegance that pulses with organic feelings, lies an remarkable trip waiting to be embarked upon. Composed with a virtuoso wordsmith, this enchanting opus instructions readers on a mental odyssey, gently exposing the latent possible and profound impact stuck within the elaborate internet of language. Within the heart-wrenching expanse with this evocative analysis, we will embark upon an introspective exploration of the book is main styles, dissect their charming publishing style, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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