



MY IDEAL

morning

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ROUTINE



1. WAKE UP

6.20am



4. EXERCISE

7.00am



7. HAIR + MAKE UP

7.45am



2. JOURNAL

6.25am



5. HOT BATH

7.15am



8. BREAKFAST

8.00am

500ML



3. HYDRATE

6.40am



6. DRESS

7.25am



9. START YOUR DAY

8.15am

Morning Routine Morning Routine How To

Benjamin Spall, Michael Xander



Morning Routine Morning Routine How To:

Whispering the Techniques of Language: An Emotional Quest through **Morning Routine Morning Routine How To**

In a digitally-driven earth where screens reign supreme and instant transmission drowns out the subtleties of language, the profound secrets and mental nuances hidden within phrases often get unheard. However, set within the pages of **Morning Routine Morning Routine How To** a charming literary value pulsating with raw feelings, lies an extraordinary journey waiting to be undertaken. Published by an experienced wordsmith, that enchanting opus invites viewers on an introspective journey, gently unraveling the veiled truths and profound impact resonating within ab muscles material of each word. Within the psychological depths of the moving review, we will embark upon a honest exploration of the book is key themes, dissect their interesting publishing design, and yield to the effective resonance it evokes deep within the recesses of readers hearts.

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