



Wake Up Winning: A guide to finding happiness and success through positive thinking and healthy habits

Shad Arnott

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What if you could wake up feeling refreshed, relaxed, and in complete control of your morning?

What if you could project that feeling through the rest of your day and into the evening?

Most days it seems like that could never happen. Perhaps you feel like it's a losing battle just getting up and out the door in the morning, not to mention staying motivated throughout the day. I can assure you that you're not the only one that feels this way.

In *Wake Up Winning*, you'll learn some of the best kept secrets of what seems to be a select few who are owning life and causing success to gravitate toward them. The best part is you don't have to completely reconstruct your life to get there!

You can achieve the same well-being and success as those select few by simply modifying certain existing habits and viewpoints throughout your day, including how to avoid procrastination, how to think like the most successful and motivated people, and how positive thinking can invite unimaginable success into your life.

Practicing these positive changes step by step will solidify them into a permanent, invaluable part of your thoughts and actions. In return you will enjoy health, wellness, and the ability to find and create opportunities for success in every aspect of life!

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