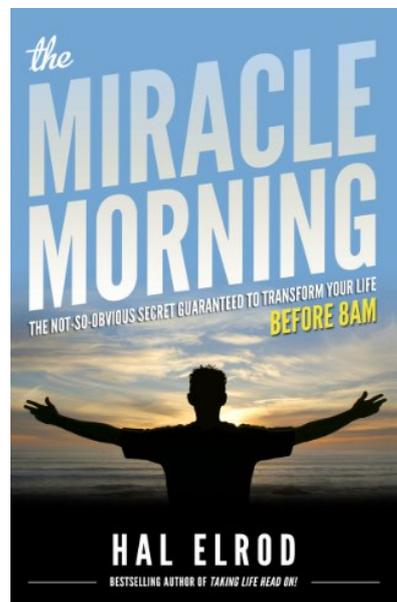


The Miracle Morning Book Summary (PDF) by Hal Elrod

Ready to learn the most important takeaways from The Miracle Morning in less than two minutes? Keep reading!



Why This Book Matters:

The Miracle Morning covers the six steps for a fulfilling life Hal Elrod discovered after a core-shaking car accident.

The Big Takeaways:

- 1. We could all be living a successful life, though most of us live mundanely.**
 1. If Instead of spending his time wishing his circumstances were different following a near-tragic car accident, Hal Elrod used his time to create a more fulfilling life.
- 2. Many of us suffer from Rearview Mirror Syndrome.**
 1. Instead of utilizing the present, we focus on the past to navigate our future.
- 3. Step one to changing your life is changing the way you view the start of your day.**
 1. Putting off getting out of bed in the mornings

creates a habit of hesitating from the very start.

4. What you do in the morning dictates the rest of your day.

1. You want to start your day with motivation, peace, and a clear picture of today's goals.

5. Nourish yourself mentally and physically.

1. A morning workout and journaling session can help you align your goals with the day.

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2. [Buy The Book on Amazon](#)
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