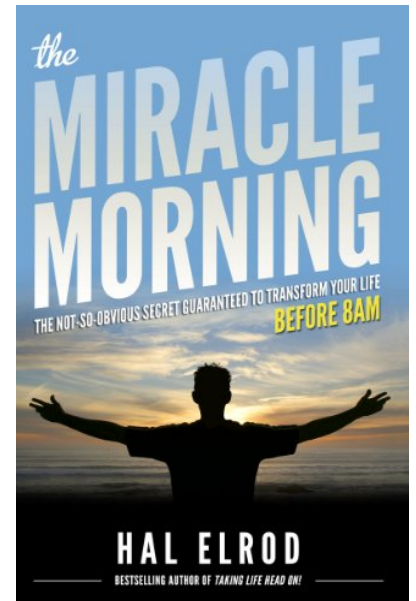


# The Miracle Morning Book Summary (PDF) by Hal Elrod

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.

## **Want To Keep Reading?**

1. Read A Longer Form Summary on Blinkist
2. Buy The Book on Amazon
3. Listen To The Audiobook

## **Additional Video From The Author:**