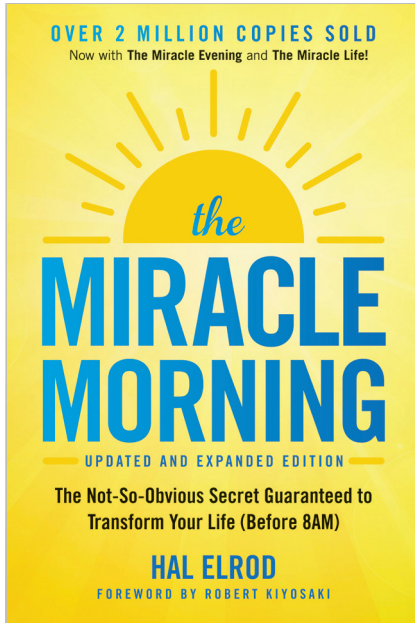


THE MIRACLE MORNING

Updated and Expanded Edition

The Not-So-Obvious Secret Guaranteed to Transform Your Life (Before 8AM)

HAL ELROD



PUBLICITY AND MARKETING

- The Miracle Morning, 2.5M+ copies sold across formats per author, been translated into 37 languages, and is practiced in 100+ countries
- Tie-in media includes a 2020 Amazon Prime documentary and the free Miracle Morning app, which offers a 30-day challenge and 100+ guided tracks
- The Miracle Equation, 31.5K sold across formats per BookScan
- Miracle Morning Millionaires, 12.9K sold across formats per BookScan
- HalElrod.com;
- MiracleMorning.com
- Facebook: /YoPalHal (251K followers)
- Instagram: /TheMiracleMorning (74.2K followers)
- Twitter: @HalElrod (54.8K followers)

The Miracle Morning continues to transform the lives of countless people around the world—just by changing how they start each day.

HAL ELROD IS on a mission to elevate the consciousness of humanity, one morning and one person at a time. His revolutionary life S.A.V.E.R.S. method (Silence, Affirmations, Visualization, Exercise, Reading, and Scribing) is the simplest and most effective step-by-step process to improve your entire life in as little as six minutes per day.

Now, in this updated and expanded edition, Hal adds to the groundbreaking formula that has helped millions of people achieve their goals:

- **The Miracle Evening:** Optimize bedtime and sleep so you can wake up every day feeling refreshed and energized for your Miracle Morning
- **The Miracle Life:** Begin your path to inner freedom so you can truly be happy and enjoy the life you have while you create the life you want

The next chapter of YOUR life—the most extraordinary life you’ve ever imagined—is about to begin. Start The Miracle Morning and begin waking up to your full potential today.

“One of my favorite things about Hal is how much he cares about other people.

The Miracle Morning was born from that compassion and the reason it’s gone from a book to a movement is that it comes from Hal’s heart. If you’re one of the people who hasn’t read this book yet, then what are you waiting for? It may change more than your mornings. It may actually change your entire life.”

—JOE POLISH, *WALL STREET JOURNAL* BESTSELLING AUTHOR OF *WHAT’S IN IT FOR THEM?*

“As a mom, entrepreneur, and former world champion boxer, I’ve learned that habits and routines are the determining factor when it comes to our ability to sustain success and fulfillment. *The Miracle Morning* has been the one routine I’ve practiced that has enabled me to show up at my best every day, regardless of which role I’m in.”

—LAILA ALI, TELEVISION PERSONALITY AND 18-TIME UNDEFEATED WORLD CHAMPION BOXER

“*The Miracle Morning* is perfect for very busy, successful people. Going through S.A.V.E.R.S. every morning is like pumping rocket fuel into my body, mind, and spirit . . . before I start my day, every day. If you want to maximize every day of your life, read this book.”

—ROBERT KIYOSAKI, NEW YORK TIMES BESTSELLING AUTHOR OF *RICH DAD POOR DAD*

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REAL-LIFE STORIES OF TRANSFORMATION FROM MIRACLE MORNING PRACTITIONERS

“*The Miracle Morning* has changed my life completely. I HATED mornings; it was the worst part of the day for me. Then my sister told me about this book, and I knew it was my chance to change everything. So, I completed the 30-day challenge, and here I am: happy in the mornings, super-efficient, positive, and satisfied with nearly all aspects of my life.”

—Jane Bavarova (3 years practicing)

“I’ve been doing the Miracle Morning for six months. I’m a father of two little guys, work full-time as an engineer, and have long been considered a night owl. After reading the book, I consciously decided to make a change, and now I get an extraordinary amount done each morning before everyone else wakes up. Making reading a priority every day has increased my knowledge greatly in a short amount of time, and scribing (journaling) enables me to consistently gain clarity and flesh out all my ideas in a constructive way. *The Miracle Morning* is a total mindset shift!”

—Charlie Ussery (6 months practicing)

“I am on my consecutive 60th day of my Miracle Mornings. I have never done a habit for 60 days continuously, which in and of itself is an achievement. Here are just a few of the benefits:

(1) My mind has been calmer than ever because of meditation/silence. I am being more conscious of my emotions. (2) My physical fitness has improved as I have cycled over 200 km.

(3) I am more organized in my daily activities and eliminate unnecessary tasks.

(4) I am spending more time with family, and I have even inspired my wife and kids to do the Miracle Morning. I am thankful to Hal for this wonderful book.”

—Dayananth Varun (2 months practicing)

“I’ve been practicing the Miracle Morning for over seven years. It has been my guiding force through depression and anxiety, during infertility treatment, through the grief and loss of two of my triplets, and the extremely complex medical journey of my four-year-old. When people ask me how I’ve managed to keep a positive mindset throughout my devastating adversity over the last five years, my answer is always the same. *The Miracle Morning*... without it, I’d be lost.”

—Jessica Goodine (7 years practicing)



REAL-LIFE STORIES OF TRANSFORMATION FROM MIRACLE MORNING PRACTITIONERS

“When my wife of 40 years died from cancer, I quit trying and gave up. I didn’t have any hope or vision for the future. *The Miracle Morning* and the S.A.V.E.R.S. transformed me from feeling sorry for myself and living in the past to starting a new chapter in my life. Today is day number 255 of my Miracle Mornings, and I’m excited for today and tomorrow. So go for it. You can do it. And high five! You are a winner.”

—**Dan Copelin (10 months practicing)**

“I had accepted that I was not a morning person. After reading and implementing *The Miracle Morning*, I look forward to each morning now that I have one hour to myself. All my positive character traits are growing. I notice that I am more cheerful, energetic, alert, and so much more. I’m a better father, a better husband, a better friend, and a better colleague. I just started four weeks ago, and these are the benefits so far. I know I will grow so much more and take the lead over my own life instead of passively undergoing it.”

—**Bas Boska (30 days practicing)**

“*The Miracle Morning* has changed me at my core. I was never an early person or a consistent person. I would hit snooze 100 times. But with *The Miracle Morning*, I found that I never wanted to miss a day because I was afraid I’d fall off the wagon. I know me, and I know that if I don’t do it every day I won’t continue. But I feel so accomplished, so productive, and so proud that I can say I’ve done this for over 150 days!”

—**Eleni Brooks (150 days practicing)**

“Before discovering *The Miracle Morning*, I was not a morning person. I remember reading the book and thinking about how I would love to feel inspired and motivated to live as the highest version of myself every day. At the time, I was inconsistent with my routines and habits, which often left me feeling frustrated and depleted. That all changed when I started doing S.A.V.E.R.S. Now, a year and a half later, I’m up at 5:15-5:30 am every morning, including weekends! I strive for Level 10 living in four quadrants: health, wealth, self, and others. With this as my anchor, I can honestly say I live in this space the majority of the time. It has been *life changing*!! I’ve lost 33 pounds, paid off two credit cards, and now I seek to impact others each day with random acts of kindness. Blessing others is a true joy! I am so thankful I took a leap of faith and embraced *The Miracle Morning* and S.A.V.E.R.S. into my life!”

—**Cathi Bingaman (18 months practicing)**