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the

MIRACLE MORNING

UPDATED AND EXPANDED EDITION

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

HAL ELROD

FOREWORD BY ROBERT KIYOSAKI

the

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Real-Life Stories of Transformation (from Miracle Morning Practitioners)

Read just a few to see what's possible for you . . .

“*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 the Miracle Morning)

“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 the Miracle Morning)

“I am a mother of four boys and was feeling overwhelmed and like I wasn't living up to my potential. Then someone suggested I read *The Miracle Morning*, which I did, and I also watched the documentary. I was HOOKED! It has been an absolute game-changer. I'm so much more grateful for everything, I've started my own business, I'm about to publish a book, I'm so much more patient with my boys, and I even have them doing many of the S.A.V.E.R.S. themselves. I love my Miracle Mornings!”

—Jackie Emmett (2 years practicing the Miracle Morning)

“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 the Miracle Morning)**

“I’m on my sixtieth consecutive 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 kilometers.
 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 the Miracle Morning)**

“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 the Miracle Morning)**

“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! I feel amazing every morning.”

—**Eleni Brooks (150 days practicing the Miracle Morning)**

“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)**

“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. It has been LIFE CHANGING!! I've lost 33 pounds, paid off two credit cards, and now 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 the Miracle Morning)**

Praise for *The Miracle Morning*

“*The Miracle Morning* is so much more than a book. It is a proven methodology that will help you fulfill your potential and create the life you’ve always wanted.”

— **Mel Robbins, *New York Times* bestselling author, *The High 5 Habit*, and host of the award-winning *The Mel Robbins Podcast***

“A wonderful book on the power of a peak morning routine to deliver the consistently excellent days that make a truly amazing life.”

— **Robin Sharma, #1 worldwide bestselling author, *The Monk Who Sold His Ferrari*, and *The 5AM Club***

“Hal Elrod is a genius, and his book *The Miracle Morning* has been magical in my life. What Hal has done with his acronym S.A.V.E.R.S. is taken the *best practices* developed over centuries of human consciousness development and condensed the ‘best of the best’ into a daily morning ritual. A ritual that is now part of my day.”

— **Robert Kiyosaki, bestselling author, *Rich Dad Poor Dad*—
the #1 personal finance book of all time**

“As a mom, entrepreneur, and professional athlete, *The Miracle Morning* has been the one routine that has enabled me to show up at my best every day, regardless of which role I’m in.”

— **Laila Ali, 18-time undefeated world champion boxer and
American television personality**

“Hal Elrod has lived a life that would break most people, but somehow he has managed to turn all of his tragedies into a perspective that has allowed him to be incredibly successful in both his personal and professional life. He is a reminder to all of us that if we’re willing to do the work, we are capable of true greatness, even when the deck is stacked against us.”

— **Tom Bilyeu, innovative entrepreneur; host and producer of**

***Impact Theory*; coach, speaker; and award-winning
screenwriter**

“Read *The Miracle Morning* so you can become the person you need to be to create the life you truly want. It’s time. You deserve this.”

— **JJ Virgin**, *New York Times* bestselling author, *The Virgin Diet*, and host of the *Well Beyond 40 With JJ Virgin* podcast

“I’ve known Hal for many years. After surviving multiple near-death experiences and helping millions of people transform their lives with his books, he is living proof that we can all overcome our challenges to create the life and make the impact we want to make in the world. This book shows you how.”

— **Lewis Howes**, *New York Times* bestselling author, *The Greatness Mindset*

“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**, founder of Genius Network and *Wall Street Journal* bestselling author, *What’s In It for Them?*

“I know of no kinder, more compassionate person than Hal Elrod, and that compassion shines through every page of this book. *The Miracle Morning* has become a phenomenon not only because of Hal’s practical approach but also because of the sincerity of his mission. Read this if you want your mornings and your life to be miraculous!”

— **Anna David**, *New York Times* bestselling author of eight books, including *The Miracle Morning for Addiction Recovery*

“*The Miracle Morning* is a proven method for personal transformation and one that I’ve not only used in my own life but that I’ve had Hal teach to my students. Read this book, and you’ll gain the ability to optimize every aspect of your life.”

— **Dr. Benjamin Hardy**, psychologist and author, *Be Your*

Future Self Now

“One of the greatest steps you can take to improve your health is to master your morning routine. *The Miracle Morning* is the go-to book I recommend to everyone to learn an effective step-by-step process to transform your life before the sun comes up! I love Hal’s heart, his mission, and his desire to heal the world one morning at a time!”

— **Dr. Mindy Pelz, international bestselling author, *Fast Like a Girl*, and *The Menopause Reset***

“If you are going to listen to what anyone has to say about miracles, it should be Hal Elrod.”

— **Dave Asprey, founder of Bulletproof Coffee, and four-time *New York Times* bestselling author, including *The Bulletproof Diet*, and *Super Human***

“I’ve been following Hal Elrod’s words, his life, his inspiration, ever since he first began writing about *The Miracle Morning*. After changing the lives of millions, including my own, it is truly a gift Hal has given us by writing this new and expanded edition. *The Miracle Morning* has truly changed my life.”

— **James Altucher, *Wall Street Journal* bestselling author of *Choose Yourself*, and host of *The James Altucher Show***

“A morning practice can be foundational for the success you want to create in your life. *The Miracle Morning* will enable you to develop the habits you’ll come to rely on as you live into your vision.”

— **Honorée Corder, publishing strategist, author of 50+ books, including *Write Your First Nonfiction Book***

“The first thing on my calendar each day is my Miracle Morning routine. I can’t even begin to tell you how much this daily ritual has transformed my life. It’s simple, science-backed, and the results will speak for themselves! If you want to take control of your life and write the story YOU want, *The Miracle Morning* is your blueprint to do it.”

— **Shawn Stevenson, bestselling author, *Eat Smarter and Sleep Smarter***

“Hal Elrod is someone who walks his talk and has overcome insurmountable challenges, proving that you can do the same and live the life of your dreams. Give yourself the gift of reading *The Miracle Morning* and create the life you want!”

— **Neka Pasquale, founder and Chief Product Officer at Urban Remedy**

“Fellow seekers of enlightenment, allow me to speak of one who has dedicated his life to the elevation of humanity’s consciousness. Hal Elrod has authored many illuminating works, but his latest is truly a masterpiece. What strikes me most is that Hal writes as if he’s speaking directly to you. It’s as though we were sitting together, chatting over a warm cup of tea, and I asked him how to transform my life. This book is his answer, my friend. Within its pages lies the roadmap to unlocking your true potential and creating the life you desire by illuminating the path to your true self. Through his teachings, millions have been empowered to harness their power within and elevate their consciousness each and every day. Hal Elrod is a beacon of light in this world, guiding us all toward a brighter future. Embrace his wisdom in this sacred text and unlock your true potential, and let it transform your life as it has mine.”

— **Drew Canole, father, and founder and CEO of Organifi**

“*The Miracle Morning* is an important book because everyone’s morning is important, and not always at the same time. Hal has looked at the science, made some of his own discoveries, and worked with me to improve his sleep, which we see reflected in this awesome updated version. As a top sleep expert, I see this as a critical step in everyone’s overall health. I am especially excited to see the new section on elevating consciousness one morning at a time. This is how dreams really do come true, and I should know as The Sleep Doctor.”

— **Michael J Breus, PhD, founder of thesleepdoctor.com**

“The next best thing to knowing Hal Elrod personally is reading one of his books. Reading *The Miracle Morning* is like having Hal by your side, helping you transform your life.”

— **Codie Sanchez, founder of Contrarian Thinking**

“*The Miracle Morning* sets you up for success in every area of your life by

giving you a simple, proven framework for personal development, even if you don't consider yourself to be a morning person.”

— **Dan Martell, WSJ bestselling author, *Buy Back Your Time***

“Ever since I read this book, I have devoted my morning routine to include everything Hal teaches. *The Miracle Morning* has been nothing short of transformative for me. It will do the same for you. Everything you need is in this book. Your best life starts now.”

— **Mike Michalowicz, bestselling author, *Profit First and All In***

“*The Miracle Morning* has been the key to loving my life, feeling fulfilled, and developing skills, self-awareness, and personal power. By starting my day this way, I've created more abundance and handled some of the most difficult circumstances and times. My life is filled with more wealth thanks to *The Miracle Morning*.”

— **Garrett Gunderson, *New York Times* and *Wall Street Journal* bestselling author**

“The millions of people who have already transformed their lives after reading *The Miracle Morning* prove that you can change your life simply by changing the way you start your day. And anything Hal does is a game-changer because his heart is so good.”

— **Cathy Heller, bestselling author of *Don't Keep Your Day Job*, and host of *The Cathy Heller Podcast***

“I've always been a night owl, so the idea of creating a morning routine was never an option and didn't appeal to me. Things were already going well with my current schedule, so why fix it if it's not broken? But I kept hearing about how valuable people's morning routines are to their personal lives and professional success. So, I made a commitment to give *The Miracle Morning* a shot. I've been doing it for several years now and have seen massive positive changes in my focus, in my mood, and in how much I'm able to get done.”

— **Pat Flynn, *Wall Street Journal* bestselling author of *Will It Fly?* and host of the *Smart Passive Income* podcast**

“Hal has helped millions of people with *The Miracle Morning*. Not only has it shifted those who've read it, but its impact has been amplified due to

enabling the readers to show up at their best for others. This one book will enable you to get the most out of your life so that you can help the people you love and those you lead to do the same.”

— **Cameron Herold, author of *Vivid Vision* and *The Second In Command*, co-author of *The Miracle Morning for Entrepreneurs***

“Hal Elrod has faced seemingly insurmountable obstacles, and yet he found a way to overcome all of them and achieve extraordinary goals. In *The Miracle Morning*, you will learn how YOU can overcome your challenges and accomplish everything you want in your life.”

— **Vasavi Kumar, voiceover artist and author of *Say It Out Loud***

“If you study the world’s most successful people, you’ll find that one of the keys to their success is that they start their day with a structured morning routine. *The Miracle Morning* will enable you to do the same, even if you’ve never considered yourself to be a morning person.”

— **Rob Dial, host of *The Mindset Mentor* podcast and author of *Level Up***

“WOW! If you are looking to improve your life, this is a must-read. Hal does a masterful job outlining the foundation for the ideal morning routine and shows the reader how it’s simple to implement. Changed the game for me, and I am fully confident it will for you as well!”

— **David Nurse, world-renowned mindset specialist, WSJ bestselling author, Top 50 ranked keynote speaker (Real Leaders)**

“I’m not a ‘morning person,’ but *The Miracle Morning* gave me the tools I was missing to build a better life by building better mornings. Read the book . . . even if you hate mornings.”

— **Ryan Deiss, entrepreneur, investor, and founder of three Inc. 5000 companies, including DigitalMarketer.com and The Scalable Company**

“Want to activate your heroic potential and wake up every morning ready to make TODAY a masterpiece?! Hal Elrod is THE guide to help you do it. Hal’s original version of *The Miracle Morning* changed my life and

deeply inspired my work. This updated and expanded edition is even more powerful. Get this book. Read it. Apply the wisdom in it. And change your life—starting tomorrow morning.”

— **Brian Johnson, founder and CEO of Heroic, author of *ARETÉ: Activate Your Heroic Potential***

“Growing up I was fueled by an extraordinary ambition, but my performance in school fell short, so I was constantly seeking ways to improve. Despite eventually tasting success, I remain relentless in my pursuit of self-improvement. Today, *The Miracle Morning* is one of the few books I still regularly revisit whenever I find myself off course, as we all do, to remind me what I need to do to get where I want to go.”

— **Dan Caldwell, co-founder of the global combat sports brand TapouT, host of *The Pretty and Punk Podcast***

“*The Miracle Morning* is THE FORMULA for creating a miraculous life. I have shared Hal’s powerful morning ritual with my students worldwide for over 12 years. I love the S.A.V.E.R.S., which have been instrumental in helping me manifest my dreams. Read the book, implement what you learn, and watch all of your dreams begin to manifest. *The Miracle Morning* is truly the gift that keeps on giving.”

— **Dashama, founder of Flow State Institute and Bright Mind Foundation, author of *Journey to Joyful*, creator of the 30-Day Yoga Challenge™h**

“Every time I hang out with Hal and his family, I’m always reminded that creating a life filled with happiness, success, and fulfillment doesn’t accidentally happen. If you are ready to create that kind of life, *The Miracle Morning* is a masterful guide that shows you how.”

— **JP Sears, husband, father, author, and comedian**

“This may be the most important book you ever read because it sets you up to win every day. And that is how you create an extraordinary life—one morning and one day at a time.”

— **Jairek Robbins, author, *Live It!*, and award-winning performance coach**

“By picking up this book and implementing what composes a Miracle

Morning that Hal Elrod so eloquently outlines, you could completely change your life. *The Miracle Morning* is not only an essential and brilliant way to start your day; it is also the beginning of a totally new life and new you.”

—**Mark Groves, founder of Create The Love, co-author,**
Liberated Love

Also by Hal Elrod

The Miracle Equation

Taking Life Head On

The Miracle Morning Series

The Miracle Morning for Salespeople

The Miracle Morning for Real Estate Agents

The Miracle Morning for Network Marketers

The Miracle Morning for Parents and Families

The Miracle Morning Art of Affirmations

The Miracle Morning for Entrepreneurs

The Miracle Morning Millionaires

The Miracle Morning for Addiction Recovery

The Miracle Morning for Couples

The Miracle Morning for Transforming Your Relationship

The Miracle Morning for Teachers

The Miracle Morning for College Students

The Miracle Morning Journal

The Miracle Morning Companion Planner

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*Dedicated to Ursula, my wife-for-life, my muse,
and the most extraordinary person I know.*

*To Sophia and Halsten, you are the greatest blessings in my
life, and being your dad means more to me than anything.*

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