



# The Perfect Day Formula: How to Own the Day and Control Your Life

*Craig Ballantyne*

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Most people are stuck. Every day we seem to just go through the motions, following our usual routine without ever stopping and thinking why we do what we do, or what we'd rather be doing instead. But sometimes, we have that one day - that Perfect Day - where everything just clicks. We feel great. We are unstoppable. And at the end of it we think, "Why can't every day be like this?"

"Everybody wants to live the perfect life but fail to understand you do that by designing and living the perfect day, day after day. This book shows you exactly what you have to do to create that day." - Larry Winget, author of *Grow a Pair*

"Like his site *Early to Rise*, Craig's book relies on ancient wisdom and classic thinkers - including my favorite, the Stoics - to help you organize your day and run your life." - Ryan Holiday, author of *The Obstacle Is the Way*

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In this 21st one hundred year, people become competitive in every single way. By being competitive at this point, people have to do something to survive, being in the middle of the actual crowded place and notice by simply surrounding. One thing that sometimes many people have underestimated the item for a while is reading. Sure, by reading a reserve your ability to survive boost then having chance to endure than other is high. To suit your needs who want to start reading any book, we give you this particular The Perfect Day Formula: How to Own the Day and Control Your Life book as starter and daily reading guide. Why, because this book is usually more than just a book.

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#### **Michelle Labat:**

The book The Perfect Day Formula: How to Own the Day and Control Your Life has a lot of knowledge on it. So when you check out this book you can get a lot of help. The book was authored by the very famous author. This article's author makes some research previous to write this book. This book very easy to read you may get the point easily after perusing this book.

#### **Tony Reed:**

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