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Early Praise

🌀 *Own Your Morning* will guide you to create personalized daily rituals that center you, energize you and give you the power to fully show up for your day. Liz provides simple and practical insights to start adding magic and meaning back to your mornings. 🌀

— Jay Shetty, #1 New York Times best-selling author of *Think Like a Monk* and host of the *On Purpose* podcast



Liz Baker Plosser is the Editor-in-Chief of **Women's Health**, where she oversees the brand's print and digital content. Liz has been in the wellness industry for more than 15 years and regularly appears as a speaker and is a frequent guest on national television. She lives in Brooklyn with her husband and three children.

🌀 *Own Your Morning* not only proves, but celebrates, the fact that a healthy, happy morning looks different for each and every one of us. With engaging personal stories from luminaries in the wellness world, inspiring images, and tons of science to back it all up, you'll become a firm believer that how you start your day is indeed how you live your day. 🌀

— Gabrielle Bernstein, New York Times best-selling author

🌀 Read this book and I promise that you, too, will be bounding out of bed, armed with practical tips for filling your life with A.M. awesomeness. 🌀

— Laura Vanderkam, best-selling author and host of the *Before Breakfast* podcast

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