



My Wake UP Call (R) to Love - Good Morning Messages with Happiness Expert Marci Shimoff - Volume 2: Wake UP Happy!

Marci Shimoff

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Start Your Day with Happiness Expert Marci Shimoff. Wake UP to love with Marci Shimoff, number-one *New York Times* best-selling author of six Chicken Soup for the Soul books, *Happy for No Reason*, and a star of *The Secret*.

Volume 2: Let love in; Love support tool; Changing old habits; Committed to loving; Heart connected; Grounding yourself; Loving vitality; Self-love; Give from fullness; Compassionate communication; Trust your heart; Connect to wholeness; Aromatherapy; Loving relationships; Love at work.

How do you start and end your day? Research shows your mind is the most receptive during your first and last five minutes of the day, while in Alpha state. Making the most of these most important minutes of your day changes everything in between. Ironically, most people wake up with the buzzer and watch the news before bed. Now you can wake UP happy and sleep well every night!

Broadway star Robin (Boudreau) Palmer invented My Wake UP Call® Motivational Alarm Clock® Messages & My Good Night Messages™, patented, five-minute messages with renowned experts, which bookend every day with inspiration to live your dreams, when it matters the most. Featured in/on *Shape*, *Self*, *USA Today*, Fox, and NBC-TV, and in Robin's TEDx Talk, "The Most Important Minutes of Your Day". Messages can also be played as Motivational Alarm Clock® Messages and My Good Night Calls™ bedtime reminders with most free alarm apps at the Apple Store, Google Play or with list of recommended devices.

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