

# HOW TO WAKE UP BEFORE YOU HAVE TO BY BENJAMIN MARLIN

How To Wake Up Before You  
Have To



By Benjamin Marlin

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# HOW TO WAKE UP BEFORE YOU HAVE TO BY BENJAMIN MARLIN PDF

If you've ever tried waking up early, you know that setting your alarm clock is only 1% of the battle. The loudest alarm in the world can't compete with a brain that is telling you how amazing it would feel to go back to sleep. I struggled with my "tired brain" for years, and I never woke up early for more than two days in a row before giving up.

Recently, though, I discovered and applied some mental processes that made waking up early - even "cold and dark" early - easy and painless. After years of trying, I was able to wake up early every day, and not only that, I was able to do it happily and with energy. In *How To Wake Up Before You Have To*, I share these mental processes, as well as a few concrete techniques for getting out of bed on your own terms.

Lots of books tell you about eating right, exercising, or just waking up early because that's what winners do. All of those techniques are useful, but they usually won't do a thing to actually get you out of bed. Your body and "tired brain" are experts at subverting your best intentions and keeping you where you're warm and comfortable. The techniques in this book helped me turn the tables on my "tired brain" and wake up when I wanted to. They range from simple twists on using your alarm clock to NLP patterns that will change the way you see waking up at a deep subconscious level. Think of them as the "extra mile" - they build on your healthy habits, but unlike those healthy habits, they finally get you out of bed, no matter how warm and comfortable you are there. I hope the techniques work for you as well as they worked for me.

Size is relative on the Kindle, but in Word, the book is about 52 pages with pictures and 33 pages text-only. Feel free to email me with any questions at ben (dot) marlin at gmail (dot) com.

- Sales Rank: #1141577 in eBooks
- Published on: 2011-12-02
- Released on: 2011-12-02
- Format: Kindle eBook

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1 of 1 people found the following review helpful.

Overcome the snooze response

By gigglewhizz

What I like about this book, that other books about rising early only gloss over, is that it deals with the real mental blocks that stand in the way of your goal to rise early. Marlin gives you techniques to overcome those mental blocks, not just one technique but many. In my mind, this book is well worth the price.

0 of 0 people found the following review helpful.

Great book!

By Lucio Ernesto Gutierrez M

This book is really short - I just read it in about an hour. But it's full of very good advice on waking up early.

What I liked most is that the author writes in a way that my mind accepts. I don't know if that makes sense to you, but I've read many self-help books that give advice that sounds too difficult to take, or that make me feel that my subconscious mind is my enemy, or subtle insinuations that the techniques might be good, but there are good chances that I personally fail. Or the opposite: they make success sound so easy that it's suspicious. This book is based on NLP. Besides being very funny, it's really smart and the techniques (which are plenty), make a lot of sense, and it's convincingly inspiring. I'm sure I won't need any other book to achieve my goal of waking up early. And if I do, there are links at the end of the book to other resources that the author considers to be the best on the web.

0 of 0 people found the following review helpful.

creative suggestions

By Christine Langin

Marlin provides a concentrated collection of great ideas--some of which have been around a while, but he provides a fresh perspective on those--to help us all leave that inviting bed in the morning like adults & not crawl out kicking & screaming like many of us usually do. I'm encouraged by his mantra that if one technique doesn't work or goes stale, try another! He also provided links to additional support methods. The book was laid out well to compensate for a variety of electronic reading tools, although the pictures were a bit hokey, they made the right connections. (I have bought e-books from well-known authors & they were miserable if not used on a specific e-reader. Thanks for the great work, Mr. Martin--call me at 5:73 some morning!

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