



First Thing Every Morning: Turn Your Life Around One Day at a Time

By Lewis Timberlake

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If you had a bank that credited your account each morning with \$86,400-with no balance carried from day to day-what would you do? Well, you do have such a bank...time. It credits you with 86,400 seconds. Every night the credits roll off. Whatever you have failed to use toward good purposes is lost forever. Your account carries over no balances and allows no overdrafts. You can't hoard it, save it, store it, loan it or invest it. You can only use it-time. First Thing Every Morning has everything you need to energize your life and make the best use of those 86,400 seconds each day through-reflections, stories and quotes that will lift your spirits and lighten your load. Lewis Timberlake's insights on more than 50 topics will help you to turn your life around...one day at a time. There are 217 reflections in this book. Read one each day to start your day right, or we won't tell if you skip ahead for more daily inspiration. Each chapter tells a brief inspirational story and is enhanced with several quotes for the day and some chapters include space for you to write down your own thoughts.

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