



Good Morning: 365 Positive Ways to Start Your Day

Brook Noel

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Good Morning offers proven tools to help us live our best life daily. While studies show breakfast to be the most important meal of the day, Brook Noel believes a positive "emotional breakfast" is a key source of emotional, mental, and physical strength for the day. Good Morning provides readers with a daily dose of inspiration to make every day matter.

More than 40,000 women have realized the benefit of starting their day with a positive thought and Good Morning, a principle tool from the bestselling book *The Change Your Life Challenge*, also authored by Brook Noel. Each day for more than three years, Noel has sent a daily email, challenge, and affirmation to her readers.

Good Morning compiles a years' worth of positive morning messages into a single volume, offering readers a reflective boost to begin the day.

"I have read your emails for years. They say that thoughts lead to actions; your Good Mornings are a cleansing to the mind. Can't tell you what a good diet it has been." —Tiffani

"I count on Brook's Good Morning to remind me of what is really important in life." —Michelle

"Brook's Good Mornings have a way of changing my day. No matter the quote... it gives me a reason to view my day differently... especially if it didn't start out right." —Betsy



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Sandra Bland:

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