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ROUTINE



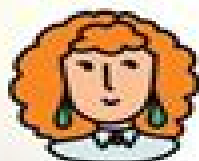
1. WAKE UP

6.20am



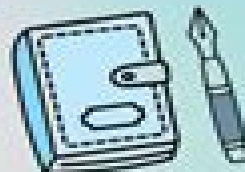
4. EXERCISE

7.00am



7. HAIR + MAKE UP

7.45am



2. JOURNAL

6.25am



5. HOT BATH

7.15am



8. BREAKFAST

8.00am

500ML



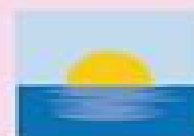
3. HYDRATE

6.40am



6. DRESS

7.25am



9. START YOUR DAY

8.15am

Morning Routine Tips

Paula H Eder



Morning Routine Tips:

Embracing the Melody of Phrase: An Emotional Symphony within **Morning Routine Tips**

In a world taken by monitors and the ceaseless chatter of immediate connection, the melodic splendor and emotional symphony produced by the prepared word often fade into the background, eclipsed by the constant sound and disturbances that permeate our lives. However, nestled within the pages of **Morning Routine Tips** a stunning literary value filled with natural emotions, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, this fascinating masterpiece conducts visitors on a psychological trip, skillfully unraveling the hidden tunes and profound influence resonating within each cautiously constructed phrase. Within the depths of this touching analysis, we will examine the book's key harmonies, analyze their enthralling writing type, and submit ourselves to the profound resonance that echoes in the depths of readers' souls.

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