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~~by Aubrey Marcus | Core~~

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~~Marcus SXSW Keynote Speech~~

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Marcus answers that question in *Own the Day, Own Your Life* an empowering handbook that guides readers to optimize every moment of the day, from waking in the morning, through work and play, until bedtime each night. With small, actionable changes implemented throughout the course of one day, we can feel better, perform more efficiently, and live happier.

Own the Day, Own Your Life: Optimized Practices for Waking ...

Own the day provides only the best tools for optimizing your health, your body, your brain, and your performance. — Author of *Sleep Smarter* and host of the #1 Fitness & Nutrition podcast *The Model Health Show*. Christine

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Marcus answers that question in *Own the Day, Own Your Life* an empowering handbook that guides readers to optimize every moment of the day, from waking in the morning, through work and play, until bedtime each night. With small, actionable changes implemented throughout the course of one day, we can feel better, perform more efficiently, and live happier.

[Amazon.com: Own the Day, Own Your Life: Optimized ...](#)

Own the Day, Own Your Life is a category-killing manual on human optimization...as ambitious as it is

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Useful. Jason Feifer Aubrey is the ultimate life hacker—the Indiana Jones of mind and body optimization—and his book breaks down becoming a master of your mind-set and body, building businesses, sustaining peak energy, incredible connections, tantric sex, and having it all.

Own the Day, Own Your Life: Optimized Practices for Waking ...

Own the Day, Own Your Life:
Optimised practices for waking, working, learning, eating, training, playing, sleeping and sex.
Revolutionise your life one day at a time with this empowering handbook designed for men and women which provides simple strategies for each element of your day.

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In Own the Day, Own Your Life he breaks down becoming a master of your mindset, your body, building businesses, sustaining peak energy, incredible connections, tantric sex, and having it all. If you want to learn how to do things beyond your wildest dreams, Aubrey and this book is the place to start!

Own The Day – Aubrey Marcus

Own the Day, Own Your Life

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Own The Day Quick Reference Guide – Aubrey Marcus

OWN YOUR VOTE is committed to

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a bipartisan, pro-social campaign of actions and events for and with Black women, connecting them to urgent political actions, giving their concerns a powerful microphone, and placing a spotlight on key community issues.

OWN Your Vote | Oprah Winfrey Network

Marcus answers that question in *Own the Day, Own Your Life*, an empowering audio handbook that guides listeners to optimize every moment of the day, from waking in the morning, through work and play, until bedtime each night. With small, actionable changes implemented throughout the course of one day, we can feel better, perform more efficiently, and live happier.

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Own the Day, Own Your Life by Aubrey Marcus | Audiobook ...

Aubrey Marcus is the founder and CEO of Onnit, Host of the Aubrey Marcus Podcast and a New York Times Best-Selling author of “ Own The Day, Own Your Life ” a g...

Own the Day | Aubrey Marcus SXSW Keynote Speech - YouTube

Own the Day, Own Your Life is a must-have “ choose-your-own-adventure ” guide for the everyman and everywoman—packed with pragmatic and effective strategies that empower you to enjoy your life, take charge of your health, and own the day.

Own the Day, Own Your Life interview with Aubrey Marcus

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There are three things you need to do with your morning routine in the first 15 minutes of waking up. You need to hydrate, move around, and get some light. W...

Own The Day Life: Chapter 1 - Hydrate, Get Lit, And Move ...

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Aubrey Marcus. Paperback April 23, 2018. Revolutionise your life one day at a time with this empowering handbook designed for men and women which provides simple strategies for each element of your day. Marcus Aubrey, author of the book is CEO of Onnit, a human performance company that he has built into one of the fastest growing companies in the world.

Own the Day, Own Your Life by Aubrey Marcus ...

Own The Day, Own Your Life
Marcu ' s new book, Own The Day, Own Your Life, is about how does the best day you could possibly live look like. It ' s about creating a day that you can sustainably reproduce, which will allow you to

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put out your very best effort, create your very best products, and enjoy yourself.

Aubrey Marcus: Own The Day, Own Your Life #61 — Shrugged ...

Listen Free to Own the Day, Own Your Life: Optimised practices for waking, working, learning, eating, training, playing, sleeping and sex by Aubrey Marcus with a Free Trial.

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