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Automate Your Routines Guarantee Your Results



Synopsis

DO ME A FAVOR? I'm serious - will you? I want you to think back to the last time you thought, "Oh, I love getting up in the morning when I haven't gotten enough sleep the night before!" Or, the last time you said, "Yep, going to bed at a reasonable hour is the easiest thing I've ever done." Oh, and this is my favorite: "Gosh, my favorite thing to do is figure out what I'm going to eat when I have four minutes and have no food in my fridge!" Um... never. You've never said those things. And, if you have, you're most likely delusional. But, if you're not one of those "I love waking up when I'm tired" people - do they even exist?! - then I'm happy for you. Why? Because your life is about to change. *high five* HEY BEYONCÉ! - WE'RE ABOUT TO WAKE UP FLAWLESS! Automate Your Routines, Guarantee Your Results hilariously delivers a five-step formula that shows you how to automate your morning, evening, and eating routines. We'll also walk through how to permanently eliminate your bad habits, liberate your brain power, and focus on what is most important to you. The formula combines the principles of computer programming - a language whose sole purpose is to automate - with the basics of human behavior to show you how to guarantee the results you desire. Not a bad gig. (Note: I said the principles of computer programming, not computer programming itself. So, no stress for you non-techies out there. Seriously - stop stressing!) Oh, and did I mention that it only takes seven days to automate any routine? Yeah, you're going to love this. IMAGINE (ALL THE PEOPLE, LIVING FOR TODAY, OOH OOH, OOH OOH OOH) Just think for a second - How would your days change if your morning routine was executed flawlessly? If you woke up on time? If you woke up feeling refreshed? If you didn't feel rushed in the morning? If you actually liked what you were wearing and how you looked? How would your days change if your evening routine was executed flawlessly? If you went to bed on time? If you read before going to bed? If you addressed a higher power before bed? If you planned for the next day? How would your days change if you never had to stress about food? If you knew exactly what you were going to eat for breakfast, lunch, and dinner? If you didn't feel guilty about what you ate? If you ate consistently so you never felt hungry? If you had meals prepared for you so you never had to waste time cooking? THIS IS BETTER THAN OREOS AND PEANUT BUTTER (WHICH IS REALLY SAYING SOMETHING). Here is what to look forward to in Automate Your Routines, Guarantee Your Results, should you make the wise* decision to keep reading: (*Note: "wise" can be substituted with "obvious" or "insanely intelligent") You will automate your AM, PM, and eating routines. Boring, stressful, and difficult parts of your routines will become second nature. Your time will be liberated. You will erase your bad habits. And

youâ™ll free up your brain power like Steve Jobs (a master of automation) to focus on more âœtake-over-the-worldâ•type ventures. As a side note, Steve Jobs changed the world forever, was brilliant, and was crazy rich. So, if thatâ™s not enough to pull you in, then thatâ™s quite unfortunate for the both of us. â—• Unfortunate for you because youâ™re maybe, probably...how do I say this...boring. â—• Unfortunate for me because you will mostly likely not read this book. Iâ™ve digressed. What is stopping you from creating the life you actually want to be living? Consider this overly sassy (but donâ™t pretend like you werenâ™t entertained) book description complete. Scroll to the top and click the âœBUY NOWâ•button.

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Customer Reviews

This book is a hoot! It makes the âœroutineâ•sound fun and it describes a fairly boring topic (i.e. - how to improve your daily routine) in a highly entertaining manner. Drawing from Ramit Sethiâ™s book âœI Will Teach You To Be Richâ•, which outlines how to use the power of automation to improve personal finance; Kathryn Jones applies his principals and expands it to come up with a 5 step process anyone can use to conquer their daily struggles, whether it be weight loss, time management, sleep deprivation, etc. Jones likens our everyday routines to computer programming.

She shows the reader that as we purposely design and streamline routines we are then able to replicate them with ease on a daily basis. I can't wait to apply the steps from this book and to share the tips with family and friends. Pick this book up you will love it!

It's a fun book with terrific idea! I just have one problem with it; the voice it is written in has a tendency to sound a little spacey and self congratulating- the opposite of what I'm looking for in a book that's trying to help me manage my life. I love the concepts though and I plan to apply what I learned from it and am already seeing simple improvements.

Now my only question is, can I hire the author to help me automate my routines? Her solutions are AMAZING. This book is life-changing, and now I want to hire someone to do this with/for me. So awesome. I plan to give this step-by-step guide a weekend, and I'm guessing that by the end of that weekend my life will be exactly what I've been shooting for for a long time (I tally mark how many 16 oz. glasses of H2O I drink per day, just as a clue to how hard I've been working to automate my life). So yeah, this book rocks. Buy it now.

The overall concept was helpful and interesting. It's a simple book which I appreciate it... but at times seemed too simple. I was not a huge fan of her writing style but it seems like something that other people connect with. This book was just okay to me. Not bad. Not great.

Hi, I'm Jenna and I'm a perfectionist. I also suffer from generalized anxiety disorder. So much fun! The combination of these two facts is the basis of my absolute hatred for goals. OK "hate" might be a strong word. The perfectionist in me actually sets goals all the time. But they're usually very lofty and if/when I fail or come up short in any sense my anxiety is triggered or worsened. AND repeat. The vicious cycle continues. I actually hate self-help books even more than goals. Reading about everything that I could be doing that I'm not is WAY too overwhelming for my already hyper stressed psyche. However, this book captured my attention and held it for a few reasons. 1. It's highly entertaining! I love reading for pleasure and while most self help books don't qualify as pleasure reading, this one made me laugh and therefore made the mark. 2. It's empowering! I found myself feeling encouraged rather than discouraged as I read, which is the only reason I kept reading, as well as the reason I have been experimenting with its concepts. 3. It works! In the short amount of time that I have been implementing a few of Kathryn's ideas I have been more productive and I've felt more confident. The motivation has always been there, but now I have the step-by-step process

to actually ACHIEVE. It's simple and it's effective. I look forward to adding more layers to my automated routine as time goes on.

Kathryn has taken what is usually a dry subject and turned it into something useful and fun to read. Fast paced and full of energy she offers great tips that are easily applied at any age or stage in life. Entertaining and insightful, she generously shares her experiences for our benefit. Looking forward to more from this rising star!

I just woke up on time, exercised, got ready for my day and did my morning chores for the eighth day in a row. Now, if you knew me, you would understand what a HUGE deal that is! That's definitely a record. I've struggled for years trying to get myself to do the things I need to do to keep my house running with four kids, and still take care of myself, but it's always come down to that I'm just not a "routines person" and I don't have enough willpower to do the things I need to do EVERY DAY. I had resigned myself to being a sporadic exerciser, cleaner, reader, etc. until I read this book. It was totally funny and motivating, so I "front-loaded" my effort and made an awesome plan that I LOVE. By 9 am I've accomplished everything that's necessary to keep my life running. I also started automating our family's eating- not as drastically as the author, but we looked at our weekly schedule and figured out a meal plan for week nights that made our evenings SO much more enjoyable last week. Good-bye Pinterest paralysis! Also, I downloaded three of the apps recommended in the book and I love them! Great recommendations. I'll definitely be re-reading this book.

I've read dozens of self-help books on time management, goal setting and habit forming but this one takes the cake. The author is hilarious in her delivery but very, very practical. Who would've thought you could program your life? This is essentially how that author tackles, wasting time, decision fatigue and willpower. Ms Jones uses the principles of computer programming as a way to develop step by step strategies that enable you to take charge of your life. Instead of taking 28 days to formulate a habit, you can automate all your daily routines in just matter of days! It's a very easy, very enjoyable read and really makes lots of sense. I look forward to availing myself of the author's additional tools to automate and simplify different areas of my life.

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Automate Your Routines Guarantee Your Results: The hilariously delivered five-step formula that shows how to automate your routines to permanently ... and focus on what is most important to you

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