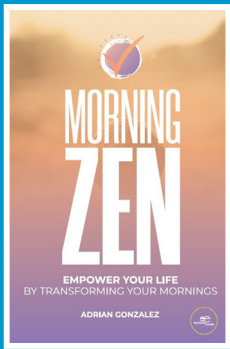


NEW  
BOOKMORNING ZEN: EMPOWER YOUR LIFE BY  
TRANSFORMING YOUR MORNINGS

Reveals the simple but effective habits for every day success



## WHY THIS BOOK MATTERS

- **Millions of Brits are relying on morning rituals for a fantastic day** – even celebs like Gwyneth Paltrow, Oprah & Jennifer Anniston swear by their morning routines to boost focus and productivity
- **Reveals the ultimate routine you need to form healthier habits** – Discover how to make simple changes that will reset your mindset for a more fulfilling professional and personal life.
- **Experience how happiness can be constructed** – shows how and when to create the best and most effective routine which will have a positive impact on your health, goals and happiness.
- **Packed with practical, powerful advice and tips ANYONE can follow to transform their mornings** – from practicing gratitude to phone detoxes, creating motivational manifestos and even energy-boosting recipes for a more productive start to your day
- **Written by entrepreneur and life coach Adrian Gonzalez** – Adrian guides CEOs, business leaders and managers on achieving a better work/life balance and empowering their goals for success

*Morning Zen: Empower Your Life by Transforming Your Mornings* is available in paperback, priced at **£13.90** and in Kindle, priced at **£6.79**

Are you guilty of constantly hitting the snooze button? Are you glued to your phone screen before even getting out of bed? These bad habits are a surefire way to starting your day with stress and fatigue – so, how can you start making the most of your mornings?

*Morning Zen* is the ultimate guide to setting your day up for success. Learn how to make time for YOU before throwing yourself into the day's challenges by:

- **Resetting your body clock** – skip the snooze button and put the 4x2 sleep diet into practice
- **Fueling your body for success** – create healthy morning drinks to kickstart your metabolism
- **Introducing order** – it's as simple as the why and when of making your bed!
- **Practicing gratitude** – follow written exercises to boost your happiness and delay your hedonic adaptation
- **Creating motivational manifestos** – experience the magic of how to write down, repeat and affirm your goals
- **Meditating for your health** – try the Collected Conscious Breathing technique to silence stress

## Learn how to take back your mornings and start the day on the right foot

Author Adrian Gonzalez is a life coach – he has distilled over ten years' experience helping himself and others handle daily stresses into this must-read manual, outlining step-by-step the routine needed to set up – and stick to – the vital habits which will boost your productivity, supercharge your happiness and prepare you to passionately pursue your goals.

## READY TO SPEAK TO THE MEDIA:

Adrian Gonzalez is available for interview, to write by-lined articles and offer expert comment on topics including:

— **The Ultimate Morning Zen Ritual to start your day for What is 'Timeboxing' and how it will boost your productivity**

— **What are the 5 pillars of a positive attitude – and how to practice them**

— **Collected Conscious Breathing hacks to silence stress and eliminate anxiety**

— **6 ways to become a morning person even if you think you're a night owl**

— **Why it's time to forget the New Year's Resolution**

— **Needing a phone detox? Here's how to ditch the screen for a better morning**

— **How managers and decision makers can transform their mornings to empower their life**

— **Goal setting for success – top tips from a life coach**

— **How to write your motivational manifesto – and why it's key to achieving your goals**



## ABOUT THE AUTHOR

Adrian Gonzalez is an entrepreneur and life coach specialising in workplace wellbeing. After co-founding several businesses, Adrian began researching and developing a set of skills, habits and disciplines to counteract stress, balance mood and become goal-focused. Having worked first-hand in busy, high-

pressure IT and marketing careers, Adrian understands the need for fostering effective habits that ensure a healthier and happier professional and personal life. His Morning Zen routine helps managers, CEOs and business leaders alike increase their motivation, achieve balance and embrace a new meaning of success.