



What the Most Successful People Do Before Breakfast

By Laura Vanderkam

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What the Most Successful People Do Before Breakfast By Laura Vanderkam

Laura Vanderkam has combined her three popular audiobooks into one comprehensive guide, with a new introduction. It will help listeners build habits that lead to happier, more productive lives, despite the pressures of their busy schedules. Through interviews and anecdotes, she reveals...

- *What the Most Successful People Do Before Breakfast* - to jump-start the day productively.
- *What the Most Successful People Do on the Weekend* - to recharge and prepare for a great week.
- *What the Most Successful People Do at Work* - to accomplish more in less time.

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Editorial Review

About the Author

Laura Vanderkam is also the author of *168 Hours* and *All the Money in the World*. Her work has appeared in the *Wall Street Journal*, CBS's *MoneyWatch*, *USA Today*, and *Fortune*, among other. She lives outside of Philadelphia.

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