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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 ...

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

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Own the Day, Own Your Life by Aubrey Marcus

Shawn Stevenson. Each day is an opportunity to be better. 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.

Own the Day, Own Your Life | Onnit

That person is you, on the other side of Resistance. If you see it clearly enough, it will be done.”. — Aubrey Marcus, Own the Day, Own Your Life: Optimised practices for waking, working, learning, eating, training, playing, sleeping and sex. 4 likes.

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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...

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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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Pick-your-own flowers. Kianna Dailey, right, of Voluntown, laughs with friends Samantha Dowd and Sean Keegan, both of Montville, as they pick flowers at Scott's Orchard Farm Market in Waterford on ...

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