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Automate Your Routines Guarantee Your Results

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Synopsis

DO ME A FAVOR?IÃ¢â ¬â„¢m serious - will you?I want you to think back to the last time you thought, Ã¢â ¬Å"Oh, I love getting up in the morning when I havenÃ¢â ¬â„¢t gotten enough sleep the night before!Ã¢â ¬Â• Or, the last time you said, Ã¢â ¬Å"Yep, going to bed at a reasonable hour is the easiest thing IÃ¢â ¬â„¢ve ever done.Ã¢â ¬Â• Oh, and this is my favorite: Ã¢â ¬Å"Gosh, my favorite thing to do is figure out what IÃ¢â ¬â„¢m going to eat when I have four minutes and have no food in my fridge!Ã¢â ¬Â• Um... never. YouÃ¢â ¬â„¢ve never said those things.And, if you have, youÃ¢â ¬â„¢re most likely delusional. But, if youÃ¢â ¬â„¢re not one of those Ã¢â ¬Å"I love waking up when IÃ¢â ¬â„¢m tiredÃ¢â ¬Â• people - do they even exist?! - then IÃ¢â ¬â„¢m happy for you. Why? Because your life is about to change. *high five* HEY BEYONCÃƒâ - WEÃ¢â ¬â„¢RE ABOUT TO WAKE UP FLAWLESSAutomate Your Routines, Guarantee Your Results hilariously delivers a five-step formulaÃ Â that shows you how to automate your morning, evening, and eating routines.WeÃ¢â ¬â„¢ll also walk through how to permanentlyÃ Â eliminate your bad habits, liberate your brain power, and focus on what is mostÃ Â 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: Ã Â I said the principlesÃ Â of computer programming, not computer programming itself.Ã Â So, no stress for you non-techies out there.Ã Â 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?Ã¢â ”Â• If you woke up on time? Ã¢â ”Â• If you woke up feeling refreshed? Ã¢â ”Â• If you didnÃ¢â ¬â„¢t feel rushed in the morning? Ã¢â ”Â• If you actually liked what you were wearing and how you looked? How would your days change if your evening routine was executed flawlessly?Ã¢â ”Â• If you went to bed on time? Ã¢â ”Â• If you read before going to bed? Ã¢â ”Â• If you addressed a higher power before bed? Ã¢â ”Â• If you planned for the next day? How would your days change if you never had to stress about food? Ã¢â ”Â• If you knew exactly what you were going to eat for breakfast, lunch, and dinner? Ã¢â ”Â• If you didnÃ¢â ¬â„¢t feel guilty about what you ate? Ã¢â ”Â• If you ate consistently so you never felt hungry? Ã¢â ”Â• 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: Ã¢â ¬Å"wiseÃ¢â ¬Â• can be substituted with Ã¢â ¬Å"obviousÃ¢â ¬Â• or Ã¢â ¬Å"insanely intelligentÃ¢â ¬Â•) Ã¢â ”Â• You will

automate your AM, PM, and eating routines.Ã¢â "Â• Boring, stressful, and difficult parts of your routines will become second nature.Ã¢â "Â• Your time will be liberated. Ã¢â "Â• You will erase your bad habits. Ã¢â "Â• And youÃ¢â ¬â„¢ll free up your brain power like Steve Jobs (a master of automation) to focus on more Ã¢â ¬Å"take-over-the-worldÃ¢â ¬Â• type ventures. As a side note, Steve Jobs changed the world forever, was brilliant, and was crazy rich. So, if thatÃ¢â ¬â„¢s not enough to pull you in, then thatÃ¢â ¬â„¢s quite unfortunate for the both of us. Ã¢â "Â• Unfortunate for you because youÃ¢â ¬â„¢re maybe, probably...how do I say this...boring. Ã¢â "Â• Unfortunate for me because you will mostly likely not read this book. IÃ¢â ¬â„¢ve digressed. What is stopping you from creating the life you actually want to be living?Consider this overly sassy (but donÃ¢â ¬â„¢t pretend like you werenÃ¢â ¬â„¢t entertained) book description complete.Scroll to the top and click the Ã¢â ¬Å"BUY NOWÃ¢â ¬Â• button.

Book Information

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Customer Reviews

IÃƒÂ¢Ã â ¬Ã â„¢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 wouldÃƒÂ¢Ã â¬Ã â„¢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 ÃƒÂ¢Ã â¬Ã Å"automateÃƒÂ¢Ã â¬Ã Â• all your daily routines in just matter of days! ItÃƒÂ¢Ã â¬Ã â„¢s a very easy, very enjoyable read and really makes lots of sense.I look forward to availing myself of the authorÃƒÂ¢Ã â¬Ã â„¢s additional tools to automate and simplify different areas of my life.

I always appreciate in depth reviews, so I'll do the best I can. From what I understood, this book is based on the premise that humans only have so much willpower and decision making ability per day, so the idea is to make your every-day routines become automatic, so you can function on auto pilot and move systematically through them. Seems like a small thing, but it really is huge.Kathryn (the author) goes meticulously step by step through the process of how to make this work. I was recommended this book by a friend and didn't think much of it. I put off reading it because I thought it was just another self help book. I've read lots of those, and most of them end up saying the same things about "believing in yourself." I have to admit, even after I started reading, I was pretty skeptical of all the promises she made in the intro. But I am here to tell you that it works 100%. Seriously! This isn't just another one of those feel-good, dime-a-dozen habit books. This is a real-life, practical application for how to make every single day better starting immediately. If you'll follow each step and are willing to put a little extra work into your morning/evening/meal routine for just a couple days, within a much quicker time than you'd expect it becomes second nature.Your mind can be on other, more important things. The psychological value of starting every day in a perfectly successful way is huge. Every day becomes more productive, and if you do it right every day can move you just a little closer to your dreams. That's what we all want, right?The best part is that she doesn't tell you what to include in your routine, it's all up to you. I now have created time (in the midst of sometimes 12-hour work days) to read every day, eat healthy, volunteer for a campaign, and create a deeper relationship with my wife, all because of the little bit of effort I put in to read this book, follow the steps, and automate my routines!Kathryn's writing style is also awesome! I finished this book feeling like she and I were good friends, and I really do hope to meet her some day, maybe set her up with one of my awesome friends. That's how much I enjoyed reading this book. Knowing what I know now about how much this changed my life, I'd pay $50 for it, maybe more.

Habits are something that are very important to me. I have tried many different tactics and strategies to fortify my habits in a way that benefits my life. I'm someone who travels and moves a lot, every time I find myself in a new place for a long time my routine gets destroyed.Kathryn's book has made a big impact in how I manage my habits and has taken a lot of the struggle out of the process for me. This book if filled with simple ways people can make managing good habits easier. This is incredibly valuable because each habit builds on another and creates a snowball effect.

Love this book! I zipped through it the first time to understand the basic principles and have gone through it a second time, going through the exercises and creating my own automated routines. While what Kathryn shares isn't ground-breaking, it's laid out in an easy-to-understand way that makes implementing a piece of cake. While I've always been a big believer in creating processes, I've never approached my daily routines in the same way, but I can see the value in doing just that.

Kathryn Jones is an entertaining writer with a style that is fresh and fun. You'll love reading this book and also utilizing what she has learned to automate your own routines. She provides a list of tools/resources that can help you so you too can free up your thinking capacity to work on those things that are more important to you! She also reveals pitfalls when doing this and I know I have fell into some of those she mentions. Kathryn also includes a free workbook to help you through your journey. I will be following it to automate my own routines ASAP.If you're serious about automating the 'mundane' out of your life, this book is for you!

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 H20 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.

And by more I mean increased productivity, reduced stress and better health?Kathryn, in her fun-loving style, lays out a step by step process for taking boring, stressful or difficult tasks in your life and creating routines that deliver consistent results. Her vulnerability and ability to laugh at herself helps expose the genius behind focusing less on habit forming and more on process

automation. Clearly a student of human behavior, Kathryn outlines a simple formula to remove our self-sabotaging reliance on willpower and impulsive decision making.

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