#112:
Inversion: Improve Your Health and Productivity by Hanging Upside Down

August 17, 2015

Introduction

● The 5 am Miracle - Episode #112: Inversion: Improve Your Health and Productivity by Hanging Upside Down

[Intro Song]

● Good morning and welcome to the 112th episode of The 5 AM Miracle.
● I am Jeff Sanders and this is THE podcast dedicated to dominating your day before breakfast.
● Every Monday morning my goal is to help you bounce out of bed with enthusiasm, create powerful lifelong habits, and tackle your grandest goals with extraordinary energy.
● Here on The 5 AM Miracle Podcast we discuss early mornings, but we also dive much deeper into topics like healthy habits, personal development, and rockin’ productivity!
This is the third week of my annual August sabbatical, so today’s episode is a bit unique, as I will be reading one of my most popular blog posts.

Ok, now let’s get started!

[Fade Music Up and Out]

[Read the Blog Post]

[Fade In Music]

If you’re enjoying this podcast and you have not yet left a rating or review in iTunes, I would greatly appreciate it if you would. Just visit JeffSanders.com/iTunes and let me know how much you like this show. It would really mean a lot to me and it helps people discover the show who have not yet heard of it.

As always, if you would like to see the complete list of the links I mentioned in this episode, please visit the show notes page at JeffSanders.com/112, as in Episode 112.
• Finally, on the podcast next week I will be sharing a great article on how to get organized with my favorite task manager.

• Well, that's it for this episode of The 5 AM Miracle Podcast.

• Until next time remember, you have the power to change your life, and the fun begins bright and early.

[Fade Out Music]