

Wake Up Full Of Energy

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Wake Up Successful S. J. Scott,2014-03-21 DISCOVER:: Why Successful People Get More Things Done Before 9 A.M.Having trouble achieving your goals? The reason most people aren't successful is they fail to follow a day-by-day strategy. Instead they start each day, hoping they will have enough time to take action on their goals.If you closely examine the world's most successful people you'd see they start each day in an energized state, ready to accomplish any goal. What's their secret? The *one thing* they do differently is they prioritize each day so the most important task is completed first. Put simply, successful people have morning routines that help them feel energized and ready to focus on their most important goal.START TODAY:: Live Each Day Like It's Your LastIn Wake Up Successful you'll learn how to live every day like it's your last. No longer will you stumble out of bed and waste the first few hours. Instead, you'll learn how to start the day by creating energy and harnessing this power to focus on ONE breakthrough goal that will make a difference in your life.A morning routine is simple and effective. It's easy to tailor to your unique circumstances and goals. And, best of all, it's tested. Inside this book, you'll discover the proven strategies to help you get the most out of those precious first few hours.DOWNLOAD:: Wake Up Successful - How to Increase Your Energy & Achieve Any Goal with a Morning RoutineWake Up Successful contains a step-by-step blueprint for creating a powerful morning ritual.Inside this guide you'll learn how to:** Create a bedtime routine that sets up an energized morning** Use 25 tips to get a full night's rest** Follow the 8 strategies for boosting energy every morning** Build YOUR morning ritual, using two sample templates** Achieve any goal with an Hour of Power** Use 15 examples to find your perfect daily goal activity** Turn a morning routine into a permanent habitYou can become more successful every day. All you need is a step-by-step strategy for each morning.Would You Like To Know More?Download now and begin each day, ready to attack the world.Scroll to the top of the page and select the buy button.

Wake Up! Andy Jackson,Steve Pavlina,2017-07-12 If you, too, like many other individual on this planet, find it difficult to get up early in the morning but want or need to, this small but priceless manual could be the solution to your problem and the answer to your challenge. Through a series of advices and testes strategies, both authors will guide you toward success, allowing you to create the ideal environment and conditions to best manage your relationship with alarm clocks giving a positive 'push' to your day. This new edition, enriched by Steve Pavlina's precious advice, sets itself as even more effective and useful in helping anyone reach the important goal of an early wake and starting the day in a perfect physical and mental condition.

Energy ++: Discover How to Supercharge Your Mind and Body and Get More Done Every Single Day John Hawkins,2018-12-24 With Proper Energy Management, You'll Be Able To Get A Lot More Done Each Day... If you've ever struggled to find the time, when you know how to manage your energy, you'll have the time AND energy to get things done... That's means, you'll be able to do things like... * Find the time to get in shape... and not just any shape... the BEST shape of your life... * Wake up energized and ready to meet the day with excitement every single morning * Improve your productivity in every aspect of your life... work, chores, you name it * Spend more time each day doing the things that YOU want to do * Have the energy to spend do things with the people you care about the most * And the list goes on and on... Here's Just A Quick Preview Of What You'll Discover Inside... * Why energy management is far more powerful than time management and the exact difference between the two * An overview of what energy management is and how to get started with it (most people have never heard of energy management, but when you grasp exactly how it works, you can literally change your life forever * Why you've failed to get in shape and how to use energy management to get into the BEST shape of your life... faster than ever... Again, when it comes to health and fitness... it's not about time... is about ENERGY! * The simple, little changes you can make in your life that will quickly supercharge your energy levels each day... you'll wake up refreshed, become more productive instantly, and ultimately be a super version of your current self * How to enhance your sleep to enhance your day... sleep is important... too little, or too much can ruin your daily energy levels, and inside I'll reveal the ideal amount of sleep and some simple methods that will help you sleep sounds and get more rest with less sleep (this is powerful stuff that almost no one knows about) * The key to waking up full of energy each and every day so you can tackle the day and get everything done that you want... and then some! * Why your body has energy cycles and how to ride the tide and manage your energy levels throughout the day... being able to recognize where you are in your energy cycle is the key to getting as much done as possible * The devastating effect of stress on your energy levels and how to stop it... dead in its tracks! * The power of nutrients in your body, and how to make sure you don't run out of steam... inside, you'll discover the best foods to eat to stimulate energy levels and the supplements that will help you get more energy... naturally! * A simple road map to follow so that you can train for increased energy in your daily life.... Do this everyday, and you'll feel your overall energy levels building up to levels you've never been able to attain before * How to make sure you take this information and run with it * Plus, a whole lot more... This is the easiest way to get more done every single day... Order Now

Wake Up with Energy Dra. Teraiza Mesa Rodríguez,2019-12-05 Are you still spinning in bed even if you gave yourself a couple of hours ago? Do you feel uncomfortable and something keeps bothering you every time you close your eyes? It may be that your circadian rhythm has been interrupted or that certain factors have been affecting your sleep time.There are different ways for a person to sleep comfortably and wake up renewed the next day. According to the National Sleep Foundation, you have a better chance of sleeping better and more.deeply when you follow the following tips from this book

Double Energy Cut Sleep in Half Adam James,2016-04-09 DO YOU WANT TO DOUBLE YOUR ENERGY?Do you sleep 9 to 12 hours a night and barely have time to get ready for work and spend the entire day exhausted? Do coworkers and loved ones constantly remind you, You look tired.? Do you go home drained of energy only to repeat the same exhaustion the following day no matter how long you sleep? ****HURRY now and get a free BONUS chapter on how to overcome negative thinking before it's no longer available.*** Are you going to give up on unfulfilled dreams just because you feel tired all the time? How does it feel to have no time for the things you care about? How does it feel that you can't spend time with your family or friends because you are too tired or too busy sleeping? Some books simply explain the common sense advice of energy enhancement: sleep well, sleep at consistent times, eat healthy food, avoid stressThis is in fact effective advice. Thank you Doctor Obvious. But how do you actually build the habits that give you the most quality sleep possible in the shortest possible time? DOUBLE ENERGY, CUT SLEEP IN HALF provides you solutions to this agonizing puzzle. You are about to learn how to cultivate and maintain the most effective habits to restore your energy and stop feeling tired all the time. Chronic fatigue is a complex illness with a variety of sources. Sleep cycles, food you eat, stress, psychological well-being and other vital factors can contribute to this painful condition. Therefore, assessing the most appropriate recovery plan can be a major challenge. DOUBLE ENERGY tackles this task to provide you with the necessary tools of recovery. You will not only be taught how to recognize the most common deficiencies that lead to loss of energy, you will also be taught how to overcome each of these conditions and formulate your personal plan for recovery. You don't deserve to live life fatigued every day. You can return to being your energetic self Check out what others are saying...Double Energy is the first book that helped me to understand how to build habits that actually help me wake up early feeling full of life every day. - Samantha Covington, November 2015 This book taught me how to overcome my addiction to coffee. I used to NEED a few cups every day in order to function like a normal human being. That just isn't healthy. Most people just have a laugh about that like, 'oh I'm not even alive before I drink my coffee,' but it's a sign that they are energy deficient in multiple areas of their life. Just like I was. I'm still working on some of the areas the book covers for energy enhancement, but I've already made a lot of progress. I actually like waking up early now, and have a lot more power to deal with daily stresses than before. - John Demarco Do you want to feel energetic again right NOW?Then get your copy of this book today.

Goop Clean Beauty The Editors of GOOP,2016-12-27 The ultimate beauty guide from the experts at GOOP--the trusted resource for healthy, mindful living, curated by Gwyneth Paltrow Millions of women around the world turn to the clean-living team at GOOP for beauty advice. From nontoxic product recommendations, red carpet- (and everyday-) ready hair and makeup tutorials, to guidance on aging, acne, and antioxidants, GOOP has become the go-to resource for head-to-toe beauty. Finally, the editors of GOOP have shared their top tips and recommendations, favorite detox recipes, workout plans, and hair and makeup looks in one must-have guide. Featuring more than 100 gorgeous photos and extensive Q&As from GOOP's family of expert contributors, GOOP CLEAN BEAUTY will shed a definitive light on the importance of diet, sleep, exercise, and clean beauty products, while offering tactical advice for healthy, glowing skin and hair that starts from the inside out. The first book from the top name in clean-living, GOOP CLEAN BEAUTY is the one resource women need to feel, and

look, their best every day.

The Morning Routine Adam Rockman,2017-06-28 Do you wake up without energy and motivation? Do you wake up with anxiety about all your responsibilities and goals? Tony Robbins, Elon Musk, Richard Branson, and countless other successful entrepreneurs master their daily routines and aim that mastery at building impressive legacies and contributions to the world. What do you want to create? Would you like to build a successful startup? Want to create beautiful art, or music that people love? If yes, then you MUST read The Morning Routine Book! These techniques are based on proven psychology and are so easy they are effective for anyone. Learn to kick ass every day with routines that quadruple your productivity. Part of you might enjoy the instant gratification of skipping exercise, wasting time on various smart phone apps, neglecting your life goals, staying up late binge watching a TV show you just discovered, or sleeping in. But you know another part of you wants more from life. This part of you wants the discipline and willpower to achieve goals, learn new skills, and build something of value. The Morning Book gets those 2 parts of yourself into a dialogue so they can finally learn to cooperate. You won't need to give up all your self-indulgent desires and needs. But you will have much more self-control after reading this book. You will finally wake up at consistent times every day full of energy and enthusiasm. You will finally have time for the goals in your life you always dreamed of pursuing. You will create the ultimate morning routine that makes every day the best You will create the ultimate evening routine that prepares your mind for sleep tonight and kicking ass the next day. Think about how your life can change with this information. If you have always more results in life then read The Morning Routine Book by Adam Rockman It includes a huge list of possible morning, evening, and daily routines to best improve your life. Inside you will learn: The Ultimate Morning Routine The Ultimate Evening Routine How To Maximize Your Energy To Get the Most Out of Your Daily Routines How To Enjoy Waking Up Every Morning How To Optimize sleep How To Stop Procrastinating How The Foods You Eat Effect Your Productivity How To Maximize Your Nutrition For Optimal Energy And Productivity How To Overcome Unhealthy Addictions That Prevent Success How To Replace Bad Habits with Positive Habits That Improve Your Life How To Overcome Any Pain That Might Make you Doubt You Can Maintain Your Morning Routines. And Much More! This advice has already helped many people just like you develop the self-discipline and strength to achieve their goals. See what others are saying: I simply can't get enough sleep. It is a problem that has plagued me my whole life and I struggle every single morning. This book is fantastic for anyone that suffers with the same issue or similarly feels tired throughout the day. The author explains why this may be happening and offers real, valuable insights into how to resolve this issue. The techniques he provides can be implemented almost immediately. -Gemma King If you oversleep frequently, you need to ask yourself WHY. It's time to take a close look at your sleep and sleep habits. This book helps you to start forming positive habits to address this kind of problem. I learned good information from this book about the dangers of sleeping too much, its effects, what to look out for and how to work towards getting healthy, quality slumber. This has a great advice on how to manage your energy and your time. - Sally Rivas click the BUY NOW button at the top to start your day with energy, power, and determination TODAY!

Deep Sleep Hypnosis Elliott J. Power,2020-12-21

Wake Up: A Transformative Guide to Creating Simple and Sacred Rituals for More Energy, Focus and Fulfillment Jacqueline Morasco,2021-11 If you're living in our modern world, chances are that you're sleep-walking. Wake Up introduces you to concepts, rituals and practices that will ground and connect you to your inner guide-so you can be more intentional in your life and do your work in the world. Combining ancient and modern concepts, Wake Up encourages you not only to shift your perspective but also to shift your most deeply-ingrained habits. Author Jacqueline Morasco is a yogi and teacher who's spent a lifetime exploring both the scientific and sacred aspects of ritual, and she wrote Wake Up for yogis, parents, teachers, and well, everyone-ready to be more empowered and embodied in the world. You'll learn how to: ● Release the habit of over-reacting, over-thinking and overwhelm. ● Be more present and productive. ● Connect with your purpose. ● Turn everyday practices and self-care into SOUL care. ● See discipline as a good thing. ● Find more time, money, and energy in your day. Wake Up does not provide quick fixes, but it will show you how, through the power of simple rituals and small steps you can build a solid foundation and create beautiful new habits that last a lifetime that help you to feel better, more fulfilled and to flow with ease through your life's journey.

Wake Up! the Universe Is Speaking to You Mrs Nancy E Yearout,2015-10-23 Wake Up! The Universe is Speaking to You, by Nancy E. Yearout a Spiritual book written about how to use Universal Energy to change your life. What if you were given the ability to change your life for the better; to create what you want for yourself? Most people are not aware that God has blessed us with the energy to design the lives we desire. All you need to do is pay attention to what the Universe is showing you. Wake Up! You can tap into the Universal Energy to enhance your love life, your career; anything that you wish. This energy was created for our use and its free! I was in my thirties when I recognized the Universal Energy and how to use it for my benefit. I explain in this book that there is an entire realm of energy here on earth for us to access; the energy that God intended for us to use. I take you on my personal journey so that you may see firsthand how I acquired this knowledge. As a professional business woman and a single mother of two, I had no choice but to pay attention to what the Universe was revealing to me. Intuitively, I understood and began absorbing these principles. Now I share with you what I have been blessed to learn. My wish is that these Universal laws will change many lives for the better. The fact that you are reading this information now about the Universal Energy means that you are meant to benefit from the Universal Energy. I am excited to share this information and wish you love and prosperity! And may God bless you with his energy. Today Nancy is happily married with three grandchildren. She travels with her husband who is an electrical contractor. She continues her energy work as an Inspirational Speaker an Intuitive and Spiritual Adviser. She teaches her techniques of healing and prosperity using the Universal Energy to groups of people throughout the United States and abroad. To find out more about Nancy's Spiritual Energy teachings visit her website www.spiritualadvisernancy.com or www.useuniversalenergy.com Or visit her on Facebook; Nancy Yearout, Author. Here are some quotes from the book; Wake Up! The Universe is Speaking to You, From Chapter 1, Before I realized that God had orchestrated the universe in this manner, I was under the delusion that I held the power to determine what occurred around me. I believed that I was smart enough to control everything in my world. I learned after many trials and much error that we are not in control of anything. God, our creator is.This was a real wake up call for me especially since I was such a control freak.What I have come to realize is that energy and how it affects our everyday life seems to go unnoticed by most of us.I think, as a society, we have not been taught to recognize that positive and negative energy exists, let alone the fact that energy has a huge impact on our everyday existence. I have been fortunate to learn about Universal Energy and the effects it has on us. Once I began to recognize this fact I became aware that I could change my life for the better. What I have learned is that energy is power. This power is here for us to use. Whether we use it for good or for evil is entirely up to us. Spiritual energy is spoken about in the Bible many times so I refer to scriptures from one of the oldest books on the planet to give you a clear understanding of how the energy was intended to work for us. Colossians 1:28,29 He is the one we proclaim, admonishing and teaching everyone with all wisdom, so that we may present everyone fully mature in Christ. To this end I strenuously contend with all the energy Christ so powerfully works in me. The lesson is simple: if you want love you must give the energy of love! The Universe knows when you are giving out love vibrations and and in turn rewards you with love. God has engineered it that way. Have you ever heard the saying You only get what you give? Giving love start the love energy flowing out into the Universe and return back to you tenfold. Chapter 15, The Energy of Love.

Wake Up! the Universe Is Speaking to You Nancy E Yearout,2015-10-23 What if you were given the ability to change your life for the better, to create what you want for yourself? Most people are not aware that God has blessed us with the energy to design the lives we desire. All you need to do is pay attention to what the Universe is showing you. Wake Up! You can tap into the Universal Energy to enhance your love life, your career, anything that you wish. This energy was created for our use and it's free! I was in my early thirties when I recognized the Universal Energy and how to use it to my benefit. I explain in this book that there is an entire realm of energy here on earth for us to access. The Energy that God intended for us to use. I take you on my journey so that you may see firsthand how I acquired this knowledge. As a professional business woman and a single mother of two, I had no choice but to pay attention to what the Universe was revealing to me. Intuitively I understood and began absorbing these principles. Now I share what I have been blessed to learn with you. My wish is that these Universal laws will change many lives for the better. The fact that you are holding this information in your hands means that you are meant to benefit from the Universal Energy. I am excited to share this

information and wish you love and prosperity! And may God bless you with his energy.

Know That Moment When You Wake Up Full of Energy and Can't Wait to Go to Work? Nope, Me Neither! StudyGo Official,2018-09-11 This sarcastic work-themed notebook would make a great gift idea for a friend, coworker or colleague. The item could be bought for many different occasions such as a birthday, Christmas, anniversary, thank you or work leaving present. At 108 pages of 6" x 9" inch lined paper it is the ideal size to fit in a bag or rucksack. A few ideas for how the notebook could be used include: To-do list tasks Reminders and appointments Shopping lists Creative writing Work notes Gratitude diary Daily journaling We would like to extend our thanks to you for your interest, and hope you are pleased with the order!

The Miracle Morning (Updated and Expanded Edition) Hal Elrod,2024-01-09 Start waking up to your full potential every single day with the updated and expanded edition of the groundbreaking book that has sold more than two million copies. “So much more than a book. It is a proven methodology that will help you fulfil your potential and create the life you’ve always wanted.” —Mel Robbins, New York Times bestselling author of *The High 5 Habit* and *The 5 Second Rule* Getting everything you want out of life isn’t about doing more. It’s about becoming more. Hal Elrod and *The Miracle Morning* have helped millions of people become the person they need to be to create the life they’ve always wanted. Now, it’s your turn. Hal’s revolutionary SAVERS method is a simple, effective step-by-step process to transform your life in as little as six minutes per day: - Silence: Reduce stress and improve mental clarity by beginning each day with peaceful, purposeful quiet - Affirmations: Reprogram your mind to overcome any fears or beliefs that are limiting your potential or causing you to suffer - Visualization: Experience the power of mentally rehearsing yourself showing up at your best each day - Exercise: Boost your mental and physical energy in as little as sixty seconds - Reading: Acquire knowledge and expand your abilities by learning from experts - Scribing: Keep a journal to deepen gratitude, gain insights, track progress, and increase your productivity by getting clear on your top priorities This updated and expanded edition has more than forty pages of new content, including: - The Miracle Evening: Optimize your bedtime and sleep to wake up every day feeling refreshed and energized for your Miracle Morning - The Miracle Life: Begin your path to inner freedom so you can truly be happy and learn to love the life you have while you create the life you want

Sleep Disorders and Sleep Deprivation Institute of Medicine,Board on Health Sciences Policy,Committee on Sleep Medicine and Research,2006-10-13 Clinical practice related to sleep problems and sleep disorders has been expanding rapidly in the last few years, but scientific research is not keeping pace. Sleep apnea, insomnia, and restless legs syndrome are three examples of very common disorders for which we have little biological information. This new book cuts across a variety of medical disciplines such as neurology, pulmonology, pediatrics, internal medicine, psychiatry, psychology, otolaryngology, and nursing, as well as other medical practices with an interest in the management of sleep pathology. This area of research is not limited to very young and old patients—sleep disorders reach across all ages and ethnicities. *Sleep Disorders and Sleep Deprivation* presents a structured analysis that explores the following: Improving awareness among the general public and health care professionals. Increasing investment in interdisciplinary somnology and sleep medicine research training and mentoring activities. Validating and developing new and existing technologies for diagnosis and treatment. This book will be of interest to those looking to learn more about the enormous public health burden of sleep disorders and sleep deprivation and the strikingly limited capacity of the health care enterprise to identify and treat the majority of individuals suffering from sleep problems.

Your guide to healthy sleep ,2005

*Wake the F*ck Up* Brett Moran,2016-04-19 Wake up and tap into something truly epic - your life!! Always 'keeping it real', this book is a manifesto for personal change, presented with humour and wisdom from one of life's spiritual gangstas. Humorous and wise, gritty and real, Brett Moran is a spiritual gangsta and knows the score about transformation. In *Wake the F*ck Up* he shares the tools and techniques he's learnt on his journey so you can do the same. Whether you're looking to overhaul your health and energy, achieve your goals, or overcome negative behaviours and patterns, *Wake the F*ck Up* will show you how to: Tap into the natural highs of life by using meditation and mindfulness to help you overcome negative thoughts and feelings before creating a vision for what you want to achieve. Move from lost to alive by learning how to smash negative habits and re-engineering your energy through healthy lifestyle habits and by creating a positive mind-set. Be successful and happy no matter what life throws at you through simple gratitude practices and living more authentically. Real-life stories throughout will inspire you to think big and achieve even bigger while tough questions will help you overcome beliefs and conditioning that may have been keeping you caught in a life you didn't consciously choose and then help you stay on the right track. When you wake the f*ck up and start living the life you want, every day becomes an epic adventure. I'm a big fan of Brett's work. He speaks with an authenticity that inspires you to truly be yourself Dr David Hailton, bestselling author

Intermittent Fasting For Body and Mind Peter Hardwood,2019-07-19 Do you want to feel full of energy and wake up fresh every morning? In this guidebook, we are going to explore the different aspects that come with an intermittent fast, and how you can use it to your advantage to improve your health. It's no wonder that intermittent fasting became a global phenomenon in just a few years - it works and people are the proof of that. However, as people searched for ways to lose extra pounds and regain their health, they discovered that fasting is so much more than just a way to burn fat. Productivity, energy levels, mental clarity, memory improvement, and even our sleep can benefit from intermittent fasting. We have a second brain in our gut, which is why the health of our gut is so important. The food we eat affects all areas of our lives, including our mood, motivation and focus. In this book, we will explore how intermittent fasting helps us to get more out of our lives. While fasting means going for a period of time without food, when it comes to fasting, there's actually infinite variability. Any time that you don't eat-that's fasting, how difficult can it be? Difficulties come with the formation of new habits, a new schedule and a new routine. But this book is here to help you. This book will cover: Causes of weight gain and obesity Signs of a bad diet and lifestyle What happens to the body during a fast Myths about intermittent fasting How to take the first step What you can and can't eat and the best food options for you The potential downsides of intermittent fasting and dangers A 1-week detailed schedule that includes the receipts and fasting cycles What to do if you don't get results What to do if you lose control and slip into old habits. Even if you have failed at fasting before, this book has everything you need to get you started and keep you going in the right direction. There is no need to invest hundreds of dollars as you will get all the information you need to start straight away! This book has strategies and practical solutions. After reading it, you will know what to do, how to do it, and why it works! You don't need to invest hundreds of dollars into hard-to-find ingredients to make it work; you can start applying knowledge while you read the book! So, even if you're tired and unhealthy, you can gain mental clarity, balance, and health. Take a second to imagine how you'll feel once you're full of health and strength, how it is to wake up in the morning fresh and full of energy, even before you've had your coffee! And if you have a burning desire to reclaim your health and live a life full of energy, then scroll up and click Add to Cart. Do you want better value for your money? With each purchase of a Paperback version, you will receive a Free Kindle Version!

Wake Up! Chris Baréz-Brown,2017-09-19 “A series of balanced, playful, and interesting experiences that will capture your attention, engage your imagination, and stimulate your senses.” —Cosmopolitan (UK) Don’t waste a minute of your extraordinary life! You have an unlimited capacity to have fun, meet amazing people, and feel truly awake every single day. But do you? When you’re living on autopilot (and most people are—80 percent of the time), those opportunities pass you by. Snap out of it! Any one of the 54 playful strategies in *Wake Up!* will bring your brain back to life. Chris Baréz-Brown spells out the Insight, Plan, and Payoff of every strategy. For example, Steal Back Time: The Insight: If you’re not in control of your time, you are not in control of your life. The Plan: Steal some back! Schedule a meeting that doesn’t exist, or skip a commitment that fills you with dread and instead do something that fills you with joy. The Payoff: When we act more consciously to decide how we spend our time, we naturally create space to wake up more and more every day. Stop sleepwalking through life and make everyday count! “Author and TEDx inspirational speaker Chris Barez-Brown explains how you can be a happier person through quick routine breaks, such as simply standing up.” —GQ (UK) “Tons of ideas to enjoy the little things and be present for the world around you.” —Health “This fun book stimulates the imagination and will definitely add spice to readers’ lives.” —Library Journal

Ladies' Home Journal ,1927

Young Money Kevin Roose,2014-02-18 Becoming a young Wall Street banker is like pledging the world's most lucrative and soul-crushing fraternity. Every year, thousands of eager college graduates are hired by the world's financial giants, where they're taught the secrets of making obscene amounts of money-- as well as how to dress, talk, date, drink, and schmooze like real financiers. YOUNG MONEY Inside the Hidden World of Wall Street's Post-Crash Recruits YOUNG MONEY is the inside story of this well-guarded world. Kevin Roose, New York magazine business writer and author of the critically acclaimed The Unlikely Disciple, spent more than three years shadowing eight entry-level workers at Goldman Sachs, Bank of America Merrill Lynch, and other leading investment firms. Roose chronicled their triumphs and disappointments, their million-dollar trades and runaway Excel spreadsheets, and got an unprecedented (and unauthorized) glimpse of the financial world's initiation process. Roose's young bankers are exposed to the exhausting workloads, huge bonuses, and recreational drugs that have always characterized Wall Street life. But they experience something new, too: an industry forever changed by the massive financial collapse of 2008. And as they get their Wall Street educations, they face hard questions about morality, prestige, and the value of their work. YOUNG MONEY is more than an exposé of excess; it's the story of how the financial crisis changed a generation-and remade Wall Street from the bottom up.

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