



# Wake Up Happy: The Dream Big, Win Big Guide to Transforming Your Life

*Michael Strahan*

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## **Wake Up Happy: The Dream Big, Win Big Guide to Transforming Your Life** Michael Strahan

From America's favorite football player turned *New York Times* bestselling author and morning talk show host here are 18 rules of motivational advice that will inspire you to turn up the heat and go from good to great in pursuit of your personal ambitions.

Pulling from his own life experiences, Michael Strahan details the mix of mental discipline, positive thinking, and sense of play that lead him to a Super Bowl XLII victory as a member of the New York Giants, and later to star alongside Kelly Ripa in the hit daytime talk show *Live! with Kelly and Michael*. Each of these "Strahan Rules" will guide you step-by-step through developing a work ethic and mental durability that will prime you to achieve your goals and transform your life.

Delivered with his signature wit and wisdom, Strahan's Rules combine a range of advice, from values he picked up from his father who served in the military to professors who teach on the science of happiness and include:

-Rule #5: Too many of us count ourselves out before we even give ourselves a chance...Do the work. Be excellent. You'll find your place.

-Rule #11: You can't change other people, but you can change how you are around them, and sometimes, a lot of times, that's more than enough.

-Rule #12: Listen to other people, but don't take their opinions for fact. Have your own experiences. Draw your own conclusions.

Whether you are attempting to achieve your career goals, seeking to better your relationships or simply up your optimism quotient, *Wake Up Happy* will inspire you.

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