

# Routine Machine

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# Synopsis

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inLanguage	english

**Ordinary people + everyday habits = extraordinary results.**

How does a 'normal bloke from Plymouth' achieve more success than he could ever have dreamed? By becoming a Routine Machine. This book will show you how you can follow a simple, everyday plan to achieve your goals without requiring superhuman effort or natural-born talent.

In this book you will learn:

- Why morning routines don't need to start at 5 a.m.
- The **one** routine that makes everything else easier
- How '90s TV show *Gladiators* can cure your procrastination
- Why John goes dog walking with Arnold Schwarzenegger
- Plus insights from other Routine Machines, including Rik Mayall, Warren Buffett, Sir Richard Branson, Hulk Hogan, John Lennon, Stephen King, Sir Bradley Wiggins and the 1993/94 Plymouth Argyle squad

## Reader's comments

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