



Most people are stuck. Every day we seem to just go through the motions, following our usual routine without ever stopping and thinking why we do what we do, or what we'd rather be doing instead. But sometimes, we have that one day - that Perfect Day - where everything just clicks. We feel great. We are unstoppable. And at the end of it we think, "Why can't every day be like this?" "Everybody wants to live the perfect life but fail to understand you do that by designing and living the perfect day, day after day. This book shows you exactly what you have to do to create that day." - Larry Winget, author of Grow a Pair "Like his site Early to Rise, Craig's book relies on ancient wisdom and classic thinkers - including my favorite, the Stoics - to help you organize your day and run your life." - Ryan Holiday, author of The Obstacle Is the Way

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