



Good Mornings: Wake-Up Calls for Life (Good Days: Moments of Reflection) (Volume 1)

DSW, LCSW, Dr. Randolph D. Sconiers

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Good Mornings is a book designed to energize and inspire you as you start your day. Every positive message provides a moment of personal reflection and motivation to push you toward daily goals. Good Mornings is designed as an easy and practical read, that can be utilized at any time of the day but it's been said that a good breakfast is the best meal of the day. Good Mornings provides a wake-up call for the spirit and a soulful meal for your morning. Start your day with the reading of a Good Morning's passage and focus on the reflective statements and/or questions throughout the day to inspire you, encourage others, and provide you with peaceful thoughts. Take time to meditate on the Good Morning passages and allow the positive thoughts to translate to positive actions. I believe you will experience positive results from Good Mornings: Wake-Up Calls for Life. –Dr. S

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