



# First Thing Every Morning

*Lewis Timberlake, Elinor Griffith*

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## **First Thing Every Morning** Lewis Timberlake, Elinor Griffith

One of the best ways to have a good day is to start each day right. This book is designed to help you do just that...by beginning each day with a short reflection that lifts your spirits and lightens your load. If you had a bank that credited your account each morning with \$86,400-with no balance carried from day to day-what would you do? Well, you do have such a bank...time. Every morning it credits you with 86,400 seconds. Every night it rules off as "lost" whatever you have failed to use toward good purposes. It carries over no balances and allows no overdrafts. You can't hoard it, save it, store it, loan it or invest it. You can only use it-time.

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