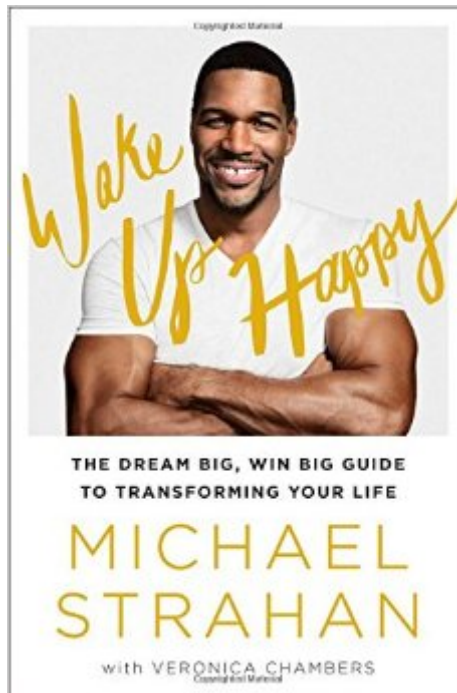


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# Wake Up Happy: The Dream Big, Win Big Guide To Transforming Your Life



## Synopsis

From America's favorite football player turned morning talk show host "a man who makes just about everything look easy" a mélange of stories and motivational advice to inspire the reader to turn up the heat and go from good to great in pursuit of their personal ambitions. Michael Strahan spent his childhood on a military base in Europe, where community meant everything, and life, though idyllic, was different. For one, when people referenced football they meant soccer. So when Michael's father suggested he work toward a college scholarship by playing football in Texas, where tens of thousands of people show up for a weekend game, the odds were long. Yet he did, indeed, land a scholarship and from there a draft into the NFL where he scaled the league's heights, broke records, and helped his team win the Super Bowl as a result of which he was inducted into the Hall of Fame. How? By developing "Strahan's Rules" a mix of mental discipline, positive thinking, and a sense of play. He also used the Rules to forge a successful post-pro-ball career as cohost with Kelly Ripa on Live! a position for which he was considered the longshot and much more. In *Wake Up Happy*, Michael shares personal stories about how he gets and stays motivated and how readers can do the same in their quest to attain their life goals. Here are a few of "Strahan's Rules": 1) Listen to other people, but don't take their opinions for fact. Have your own experiences. Draw your own conclusions. 2) You can't change other people but you can change how you act around them. Usually, that's more than enough. 3) Don't pre-judge. Help can and will come from the most unexpected places. Be open to everything around you. Inspiring and chock full of advice that will help the reader make significant strides toward pursuing his or her dream, *Wake Up Happy* is a book no one, young or old, male or female will want to miss.

## Book Information

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## Customer Reviews

Wake Up Happy by Michael Strahan gives us a peek into the life of this amazingly accomplished Man with the sexiest smile and contagious positive personality. This humble yet gentle and appreciative man takes us on a mental tour of his journey from childhood to the present. He shares tidbits of advice that he's received from family, peers and coaches. He shares his secret to being Happy by doling out the "Strahan Rules" such as the importance of Pause, Routines and Visualization...Doing better today than yesterday, regularly reinventing ourselves and NEVER thinking it's too late, or we're too old to make a change. In the words of his parents, "Too late is in the grave." A surprise awaits us in the Epilogue...love advice from his point of view. You will close this book with tips on how to get to your happy, but you will also feel warm and fuzzy on the inside from the love and closeness of his family.

I purchased this book on last night and could not even put it down. It is so down to earth, so real. This life is not easy and we all deserve to be happy. Happy is how we define it. It is a guide to living a better life. We transform our lives everyday. Thank you, Michael, for this gift, for your gift. You make it seem so easy, just "Wake Up Happy." Intentionally being happy. Intentionally putting the "line in the water" each and everyday. Next step, creating my playlist. Got to get the paper copy. This one is a keeper. @anzree13

Wake Up Happy Michael Strahan has been in the public eye for many years as a NFL player, a Super Bowl Winner and a TV talk show host. He has just added Author, to his list of accomplishments. Wake Up Happy is about reinventing your life so your life can Wake Up, and be Happy! His 18 rules of discipline and life lessons taught from his own personal experiences. His voice is authentic and so are his core values. His story starts from his childhood as a Foodie who found Jane Fonda to a successful man who always comes prepared. I loved his honesty and his reflections. His approach is fresh, motivating and very inspiring. I am totally Awake!

Could not put this book down until I finished it and realized that when I did, I had a big smile on my face. Very motivational and inspiring. Michael trys to teach you that you can do whatever you decide you want to - which sounds easier than it is. I decide to purchase a dozen books for Christmas gifts

this year for my children, nieces and nephews that are all in their 20's and 30's with a long career ahead of them. This book could guide them well to keep an open mind, dream big, work hard, and live with no regrets. Great for any age, but I wish I had read it when I was just starting my career. Thank you Michael!

I am inspired by Michael's drive to improve all his skills, or lack there of. I am also inspired by his wake up or morning songs. I would recommend to him and his readers Billie Holliday's "I hear Music" song as a good morning song. I appreciate how Michael references experts in the field he is talking about throughout the chapters--did he read all those books? That is inspiring in and of itself.

There's nothing new about the theory of the power of positive thinking, but it never gets old. It's as important now as when Norman Vincent Peale first coined the phrase. And positive thinking is something that has made many achieve success in their lives - including Michael Strahan. In this book, Strahan outlines the ways positive thinking have helped him achieve his goals in football, in his career, and in his life. The book is well written with interesting examples and stories from Michael's and others' lives of how they applied positive thinking to reach happiness. It's easy to think that Michael Strahan actually DOES 'wake up happy' - and he shows how easily that can be done. This is an easy-to-read, informative and enjoyable self-help book. Thank you to the publisher and Net Galley for providing me an ARC in exchange for my honest review.

A friend of mine recommended Michael Strahan's book, *Wake Up Happy*, as a book that my adult students might like to read. Most of my students have had a fair to good amount of failure in their lives, along with daily struggles just to survive. I wanted a book that would be encouraging, but also provide an inside look of someone who has had a fair amount of struggles in his own life. Michael makes a lot of good points in the book and encourages readers to examine themselves in regards to where the current and future are taking them. We're reading the book as a book study and the guys are eager to discuss what they learn from each chapter. Mike provides a lot of quotes that can easily be used as a self-reflection writing task. I also like that the book is written at a level in which most of my students can read it. This is very important. Adult learners want to be able to read material like anyone else. If it becomes a struggle, they usually give up on the reading and have no desire to finish the book no matter how good it is. I recommend *Wake Up Happy* for any adult or late teen to read. It's a good review of things that we already know, it's packed full of encouraging ideas, and it motivates readers to make positive changes. The book is a quick read. I read it in 3 days, for

just an hour or two at time.

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