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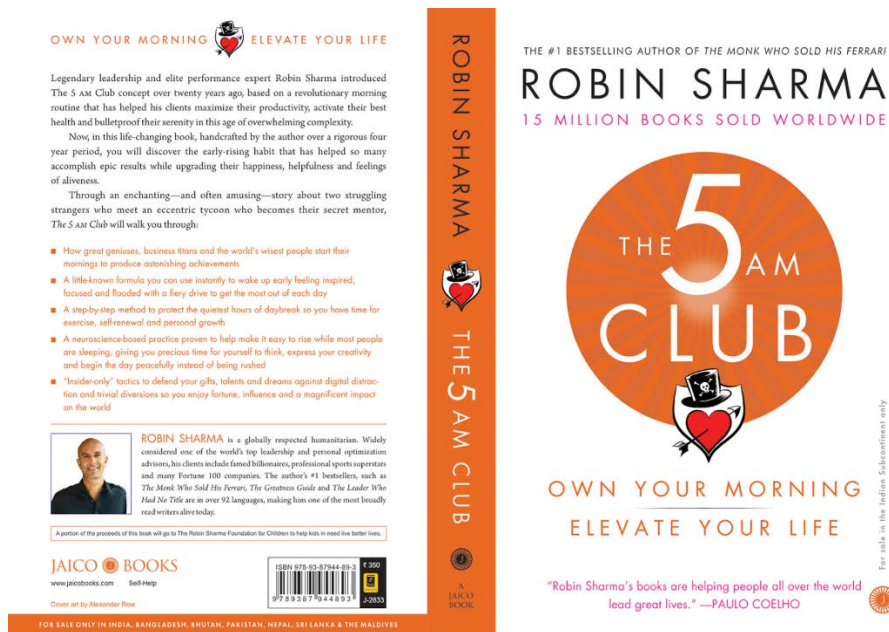
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The 5 AM Club by Robin Sharma: A Book Review

Reviewed by:

Narayanan R

Assistant Professor of English,
University College of Engineering Tindivanam,
Melpakkam, Tamilnadu, India.



Robin Sharma is a motivational writer, all his writing more about personality development oriented. Most of his books talks about ‘self evaluation’ technique to achieve success without losing human values. All his writings are best sellers, he had got an international acclaim for his second book ‘the monk who sold his ferrari’, after his successful venture in the second book, he had changed his professional from lawyer to writer and motivational speaker, as if now he has written 13 books.

The 5 AM club is the excellent book which can help people in all over the world to lead great lives by changing their morning routine. The life-changing book tells, the early-rising habit will bring iconic performance in people lives. The story line goes like this in the life journey of two individuals an entrepreneur and an artist and their powerful mentor billionaire, the book explains how one can use the first hour of his/her day to drive personal growth and get the most out of life.

What are the lessons learnt from the book?

The 5 AM tells us to wake at 5AM, and do excises 20 minutes, 20 minutes of reflection and 20 minutes of planning or study(20/20/20) formula to start a day with extraordinary. The book gives the importance of using the first hour after waking up, which Robin Sharma called it the "Golden Hour". During this hour, one should prioritize activities that promote personal growth or maintain peak health, such as exercise, meditation, or anything that feeds one's mind, body, and soul.

What is the method 60/10 in the book?

It says one can work for a full 60 minutes, followed by 10 minutes break.

Stylistic features of Robin Sharma, he writes simple, direct and appealing to 'younger generations' especially people from businessmen and women in all around world. The 5AM club is the shared real life experience of Robin Sharma, quotes from his journal writings. The book has 17 chapters with the closure of epilogue.

He brings positivity among the readers to run successful lives and negativity bias. His words are spontaneous and thoughtful, when he explains about 'personal mastery practices' he says 'mindset (psychology), heartset (emotionality), healthset(physicality) and soulset (spirituality), all these compound words are new in English lexicon(titled THE 4 INTERIOR EMPIRES). Further, he uses quotations of famous people to explain the terminology, the words of Mahatma Gandhi: "The only devils in the world are those running in our own hearts. That is where the battle should be fought" and Sigmund Freud "emotions will never die, they are buried alive and they will love forth later in uglier ways." He brings all these quotations of great people to explain his wordings.

Robin Sharma is very good at handling quotations in his writings especially in The 5AM club, here is the list of golden words (poetic) used by the author:

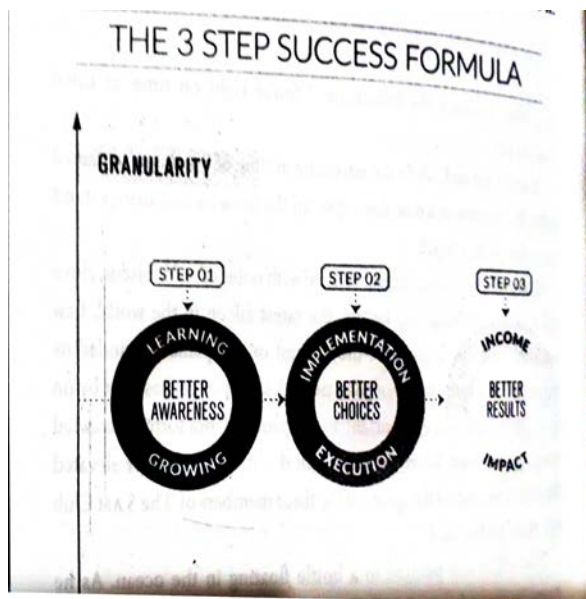
- "Comparison is the thief of joy", says the billionaire. "Someone will always have more fortune, fame and stuff than you do. Think about my earlier point about detachment and embracing the wisdom of knowing when enough is enough."

- ‘The great ones all spent a lot of time alone’
- To explain “cognitive bandwidth”. He quotes Albert Einstein, ‘only one who devotes himself to a cause with his whole strength and soul can be a true master. For this reason, mastery demands all of a person’.
- “Do not live as if you have ten thousand years left. Your fate hangs over you, while you are still living, while you still exist on this Earth, strive to become a genuinely great person”. Marcus Aurelius, Roman emperor
- Take excellent care of the front end of your day, and the rest of your day will pretty much take care of itself. Own your morning. Elevate your life.
- “All change is hard at first, messy in the middle & gorgeous at the end “.
- ‘I’m tired of feeling tired’
- ‘An addiction to distraction is the death of your creative production’.
- ‘real leaders never negotiate their standards’
- Alexander the Great- “I’m not afraid of an army of lions led by a sheep; I am afraid of an army of sheep led by a lion”.
- Be the change you wish to see in the world.
- To make a habit last, never install it alone.
- The teacher learns the most.
- When you most feel like quitting is the time you must continue advancing.

Robin Sharma is really poetic in his describing certain things in the book, especially when he describes ‘sea shore view’ , readers can feel actual image of sea shore, he brings mental picture of sea shore by using compound words(adjectives):

‘The ocean appeared, both greenish and bluish with foam-topped waves making shaaaashing sound before colliding with the sandy shore. The air now smelled a marine life smell, yet sweet like nectar with unexpected cinnamon hints blended into it. On a wide planked dock, a thin line of a man with a Santa Claus beard and rolled-up khakis fished barefoot for his family’s dinner. A motorcycle helmet was perched on his old head’.

Robin Sharma believes visual images are aid to make communication easy to understand and to impart the information in a better way; he uses tables, pie charts and pictures in this book, here are some of visual images used by the author;



ROBIN SHARMA

Engraved, finely, in the apparently precious metal were five statements. Here's what the tablets looked like:

RULE #1
An addiction to distraction is the end of your creative production. Empire-makers and history-creators take one hour for themselves before dawn, in the serenity that lies beyond the clutches of complexity, to prepare themselves for a world-class day.

RULE #2
Excuses breed no genius. Just because you haven't installed the early-rising habit before doesn't mean you can't do it now. Release your rationalizations and remember that small daily improvements, when done consistently over time, lead to stunning results.

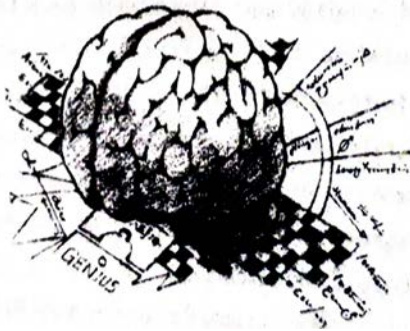
RULE #3
All change is hard at first, messy in the middle and gorgeous at the end. Everything you now find easy you first found difficult. With consistent practice, getting up with the sun will become your new normal. And automatic.

RULE #4
To have the results The Top 5% of producers have, you must start doing what 95% of people are unwilling to do. As you start to live like this, the majority will call you crazy. Remember that being labeled a freak is the price of greatness.

RULE #5
When you feel like surrendering, continue. Triumph loves the relentless.

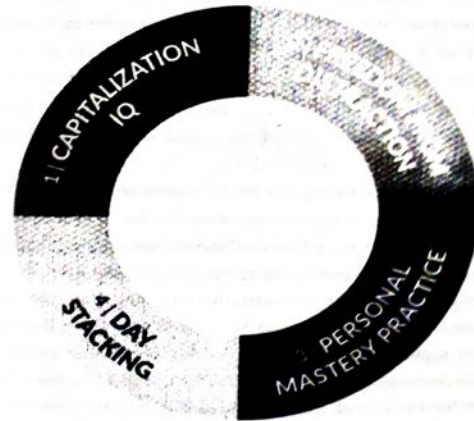
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charcoal gray sailing shorts and well-cared-for black leather sandals.
 "Here you are, sir," the young man said with a French accent as he handed the mogul a tray with mysterious markings on it. In the center was a model of the human brain.
 It looked exactly like this:

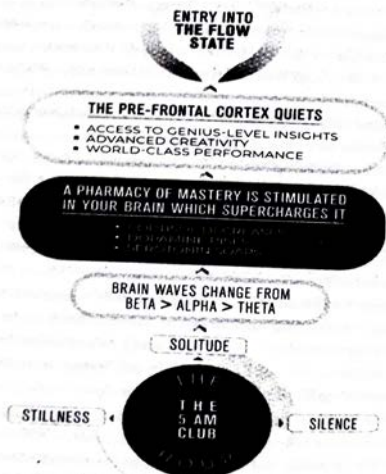


THE 5 AM CLUB

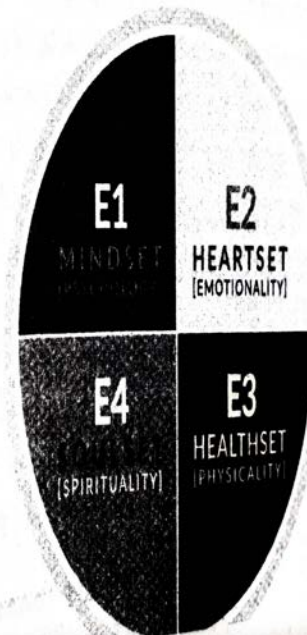
THE 4 FOCUSES OF HISTORY-MAKERS

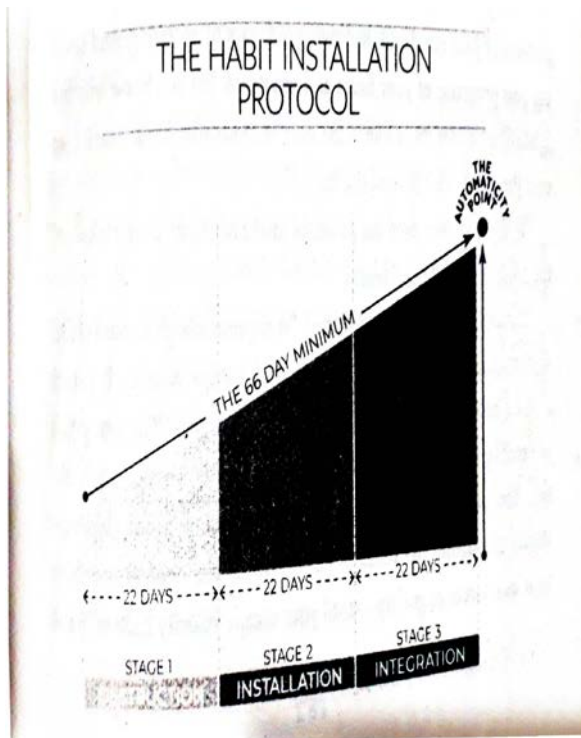


THE SECRET OF MORNING GENIUS:
 TRANSIENT HYPOFRONTALITY



THE 4 INTERIOR EMPIRES

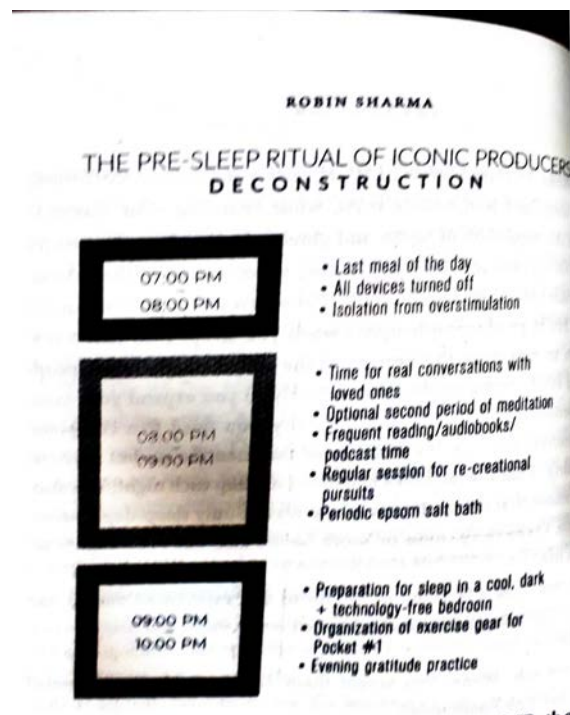
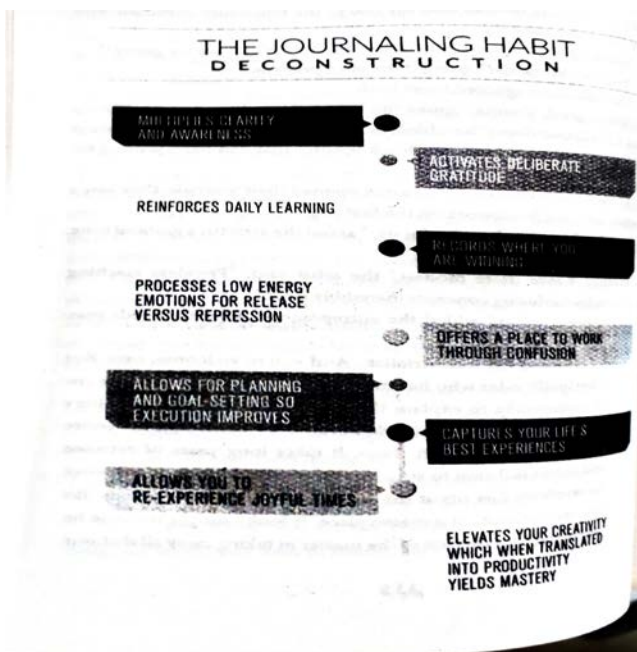


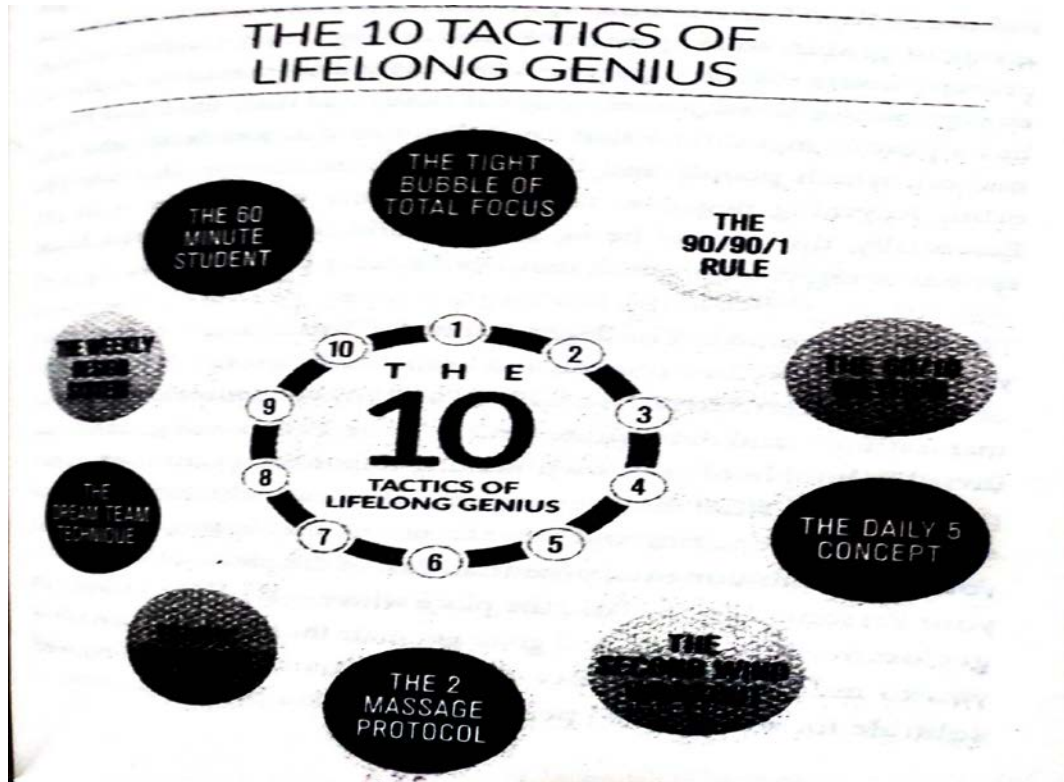


THE 20/20/20 FORMULA DECONSTRUCTION

POCKET #1	WHAT	WHY	BENEFITS
05:00 AM 05:20 AM MOVE	<ul style="list-style-type: none"> INTENSE EXERCISE SWEAT HARD LEARN HYDRATE BREATHE DEEPLY 	<ul style="list-style-type: none"> CLEANSSES CORTISOL BONG FLOWS DOPAMINE RISES SEROTONIN INCREASES METABOLISM ELEVATES 	<ul style="list-style-type: none"> MORE FOCUS + PRODUCTIVITY FOCUS + BRAIN OPTIMIZED ENERGY BONGS LESS STRESS LIVE LONGER
POCKET #2	WHAT	WHY	BENEFITS
05:20 AM 05:40 AM REFLECT	<ul style="list-style-type: none"> JOURNAL MEDITATE PLAN PRAY CONTEMPLATE 	<ul style="list-style-type: none"> GRATITUDE BOOSTED AWARENESS SOARS HAPPINESS LIFTS WISDOM DEVELOPS SERENITY EXPANDS 	<ul style="list-style-type: none"> GREATER POSITIVITY DECREASED REACTIVITY HIGHER CREATIVITY STRONGER PERFORMANCE RICHER LIFE
POCKET #3	WHAT	WHY	BENEFITS
05:40 AM 06:00 AM GROW	<ul style="list-style-type: none"> REVIEW GOALS READ BOOKS CONSUME AUDIOBOOKS LISTEN TO PODCASTS STUDY ONLINE 	<ul style="list-style-type: none"> THE 2x3x MINDSET KNOWLEDGE DEEPENS ACUMEN ESCALATES CONFIDENCE ACCELERATES MASTERY CHANGE 	<ul style="list-style-type: none"> BETTER INCOME + IMPACT CRAFT CALIBRATES DOMAIN DOMINANCE PERSONAL GROWTH INSPIRATION RISES

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All these images may be the readers can be used as vision board to bring changes in his/her daily routines.

He closes the book with an epilogue ‘what happen to fictional characters after five years?’ with a positive note.

Acknowledgement

I express my sincere thanks to my yoga guru Mr.Arul & his team members in APJ gurukulam who had been a driven force to read ‘The 5AM club’ when I had been attended 90 days yoga challenge classes at 5AM through online.

Reference

Robin Sharma. (2019). *THE 5AM CLUB*. Mumbai: Jaico publishing House .