

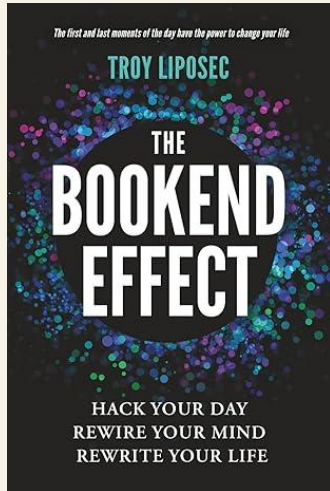


Troy Liposec

In his recent book, *The Bookend Effect*, Troy F. Liposec writes about personal change from the intersection of neuroscience, lived experience, and daily practice. He set out to address a reoccurring pattern in the way people approach personal change, one that keeps them returning to the same books, podcasts, and routines, while rarely experiencing lasting change.

After years of studying behaviour, habit formation, and attention, Troy began focusing on the two moments most personal growth systems overlook: where modern neuroscience, psychology, and long-standing religious practices overlap. The quiet windows at the beginning and end of the day. During what neuroscientist call hypnopompic and hypnagogic states. These moments, when the mind is naturally more receptive, became the foundation for *The Bookend Effect*, a practical framework built around morning intention and evening reflection.

The Bookend Effect



The first and last moments of the day have the power to change your life.

Atomic Habits meets *Think Like a Monk* in this practical and unique guide to using the brain's most receptive phases (morning and night), to transform chaos and uncertainty into intention, resilience, and clarity.

Grounded in modern neuroscience and supported by principles found in psychology, philosophy, and spiritual traditions, it introduces a structure for retraining mental patterns, building consistency, and creating meaningful change that fits real life, not ideal circumstances.

Inside you'll discover:

- Why morning and night are the most effective times to set intention and reflect
- How to incorporate micro-habits and lay the foundation for long-term growth
- Practical tools like scripting and somatic anchoring to help you stay on track throughout your day
- How negativity bias shapes your thought patterns

The framework is simple: a brief morning intention and an evening reflection.

Insight alone does not rewire behavioural patterns. *The Bookend Effect* offers a different approach that aligns with natural windows when the nervous system is more receptive to focus, emotional imprinting, and learning, instead of a motivation system, force, hype, or temporary inspiration.

Most methods miss the moment. *The Bookend Effect* focuses on when change is introduced, not how hard you push for it.

Available at Amazon [HERE](#) (Paperback) and [HERE](#) (ebook).

Author Website can be found [HERE](#)

For **social media** (Instagram) look [HERE](#)

Review link for *The Bookend Effect* [HERE](#) (Amazon)

We will be reviewing *The Bookend Effect* soon and then interviewing Troy.