

# Early to Rise Customer Support

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## What is Life Hacks?

Stephanie H - 2020-02-20 - General

Turbulence Training and Early To Rise customers are given a free 30-day trial to the Life Hacks newsletter. Life Hacks is an online monthly newsletter with a link to a PDF that gives you "Shortcuts to the Good Life".

You will receive a reminder email 5 days before the 30-day trial is completed. After that, it is a monthly charge to continue with the Life Hacks subscription.

Life Hacks can be cancelled at any time by emailing [support@etrhelp.com](mailto:support@etrhelp.com)