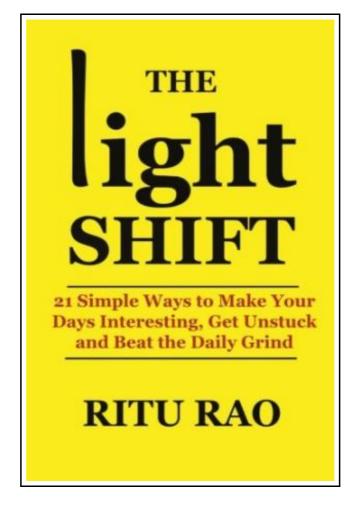
The Light Shift: 21 Simple Ways to Make Your Days Interesting, Get Unstuck and Beat the Daily Grind



Filesize: 4.09 MB

Reviews

This published publication is fantastic. it had been writtern very perfectly and useful. Once you begin to read the book, it is extremely difficult to leave it before concluding. (Junius Herman)

THE LIGHT SHIFT: 21 SIMPLE WAYS TO MAKE YOUR DAYS INTERESTING, GET UNSTUCK AND BEAT THE DAILY GRIND



Rao Media, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****.Body, mind and spirit. each plays a distinct role in the inspiration we feel about personal growth. Are you looking for lessons to use - in life s transformation? Would you feel more comfortable with a light shift in being - until you feel empowered enough to take on more? The Light Shift is a collective of one woman s pragmatic stories, with the shifts that embody her simple, yet essential secrets of success. Readers discover a journey. of how her relationship with life, an ever-optimistic attitude, and a constant pursuit of doing her best. helped her hold to the promise and possibility to lead a fulfilled life one day at a time. Rao s struggle to shift from feeling stuck and unfulfilled in life has inspired her to help others transform their lives; the pages reveal the lessons one courageous and determined woman learned in her own incredible journey. Assessing her life at 3am one morning, Ritu discovered she just didn t like the idea of where her life was headed, and decided she was going to do something about it. The first shift began as a journey to lose thirty pounds, move to a cleaner, whole-food, plant-based diet, and go from the couch to become an ultrarunner. Faced with one disheartened and overwhelming moment after another, Rao could have given up a thousand times. Enduring the low points of a life that seemed to engulf her, the author was determined to persevere at every turn-with a life plan to remain undaunted, and keep moving forward even when the path became unclear. What surfaced was a happy, sharp-minded, and healthy person who continues to engage life...

- Read The Light Shift: 21 Simple Ways to Make Your Days Interesting, Get Unstuck and Beat the Daily Grind Online
- Download PDF The Light Shift: 21 Simple Ways to Make Your Days Interesting, Get Unstuck and Beat the Daily Grind

Other Books



DK Readers Day at Greenhill Farm Level 1 Beginning to Read

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in.This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs...

Read Book »



The Stories Mother Nature Told Her Children

1st World Library, United States, 2005. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. Purchase one of 1st World Library s Classic Books and help...

Read Book »



George's First Day at Playgroup

Paperback. Book Condition: New. Not Signed; George's First Day at Playgroup is a colourful storybook based on the award-winning television series Peppa Pig. It is George's first day at playgroup and Peppa doesn't really want...

Read Book »



You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the...

Read Book »



Fun to Learn Bible Lessons Preschool 20 Easy to Use Programs Vol 1 by Nancy Paulson 1993 Paperback

Book Condition: Brand New. Book Condition: Brand New.

Read Book »



The Mystery of God s Evidence They Don t Want You to Know of

Createspace, United States, 2012. Paperback. Book Condition: New. 276 x 214 mm. Language: English . Brand New Book ***** Print on Demand *****. Save children's lives learn the discovery of God Can we discover God?

Save eBook »



Patent Ease: How to Write You Own Patent Application

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Patent Ease! The new How to write your own Patent book for beginners!

Save eBook »



TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (3-5 years) Intermediate (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the

Save eBook »



Would It Kill You to Stop Doing That?

Book Condition: New. Publisher/Verlag: Little, Brown Book Group | A Modern Guide to Manners | A laugh-out-loud guide to modern manners by acclaimed humorist, author, and Vanity Fair columnist Henry Alford. | A few years

Save eBook »



THE Key to My Children Series: Evan s Eyebrows Say Yes

AUTHORHOUSE, United States, 2006. Paperback. Book Condition: New. 274 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.THE KEY TO MY CHILDREN SERIES: EVAN S EYEBROWS SAY YES is about

Save eBook »