



Little Shifts: Daily Reading For Personal Growth (Little Shifts Series Book 1)

Wole Sosanya

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In the words of late American author and motivational speaker, Zig Ziglar, 'People often say that motivation doesn't last. Well, neither does bathing - that's why we recommend it daily.'

Little Shifts is a collection of 366 motivational posts on personal growth. This is volume 1 in the series, it encourages little changes, little improvements over a longer period to achieve a lasting, sustainable personal growth. Changes in life (even if you don't do anything) are inevitable but personal growth is optional. It will be worth your while to steer life changes to your advantages, towards your personal growth.

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