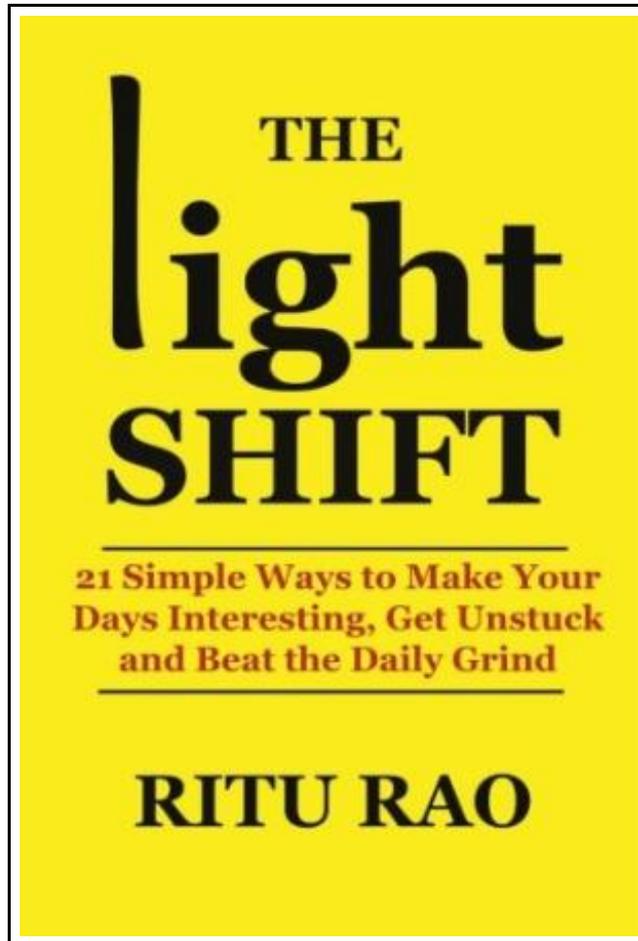


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Rao Media, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Body, mind and spirit. each plays a distinct role in the inspiration we feel about personal growth. Are you 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 ultra-runner. 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...



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