



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

By Ritu Rao

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...



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