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Shaun T is, in general very inspiring and motivating. He tells his story in T is for Transformation, outlining his multiple transformations over the years. Transformation in mindset, body, outlook. Some of Shaun's story is a bit confronting, and that is why it took a little longer than usual to finish reading for me.

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T is for Transformation is a motivational master class as Shaun shows you how to become more flexible and resourceful, give everything you've got, and, most importantly, trust and believe in

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your path to success.

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