



## Book Review

*Mind Shifts: Catch the Wave of Your Greater Self*  
by Jan L. Gault, Ph.D.

Employing powerful shift tools, readers learn how to break free from self-sabotaging thought patterns, and triumph over damaging triggers thwarting their happiness and success. Contains over 100 activities and processes for inspired living. A must read for life coaches, change agents and individuals seeking a more enriching life.

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