

lactuate



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That humans have a desire to be inspired by life is no big secret. The answer lies in understanding that despite life many trials there are still many compassionate people and inspirational aspects to which to look forward in life. iACTUATE: 100 days of Inspiration is a deeply thought-provoking book filled with famous quotes, and it describes many life situations that remind readers that they can fulfill their desire to act on inspiration. The book describes many simple, life changing activities that can strengthen the mind and the body. The word "i" in the title represents the author's sense of humbleness and the word ACTUATE represents his intense desire to incite, motivate, and inspire others to succeed in life. The content of this volume is composed based on the author's demanding life challenges and his coping techniques to maintain a positive attitude. Each day in iACTUATE: 100 days of Inspiration is divided into three main sections, the message, schema, and epoch. The message section provides readers with an inspirational passage each day. The schema section is interactive and provides readers with daily mental and physical activities with the following four major parts: body, mind, goals, and reflections. After every ten days of active reading, the epoch section allows readers to reflect on life and write down their thoughts, ideas, and future aspirations. The several sections in the book dedicated to goal-setting and self-reflection makes iACTUATE a great personal journal that encourages overall mental, physical, emotional and even spiritual growth. iACTUATE: 100 days of inspiration is an exceptional piece of work, very uplifting and a must read for everyone.

作者介绍:

目录:

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