



# Shift Your Thinking: 200 Ways to Improve Your Life

*Dean Del Sesto*

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**Small changes, big impact**

We all want to grow, improve, and succeed, yet so often the things we tell ourselves seem to stop our dreams in their tracks. But that can change. These 200 to-the-point readings will help you shift your thoughts and behaviors so you can change the course of your life, work, and relationships--for good.

"Do yourself--and everyone who relates to you--the favor of making *Shift Your Thinking* a part of your daily regimen."--**Bob Shank**, CEO of The Master's Program and Priority Living; author of *Life Mastery*

"A thoughtful and entertaining journey."--**Milan Yerkovich**, founder, Relationship 180; author; radio and TV cohost of *New Life Live*

"Jewels of wisdom that engage and inspire."--**Helen Steinkamp**, cofounder of Marketplace Women

**Dean Del Sesto** runs an award-winning branding agency, Breviti (breviti.com), and is a partner at VeracityColab (veracitycolab.com), a creative video agency. With twenty-five years in the field, Dean has been directly involved in the branding of over 800 companies. He enjoys coaching, advising, and collaborating with others in the areas of business, relationships, and life. He and his wife live in California.

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