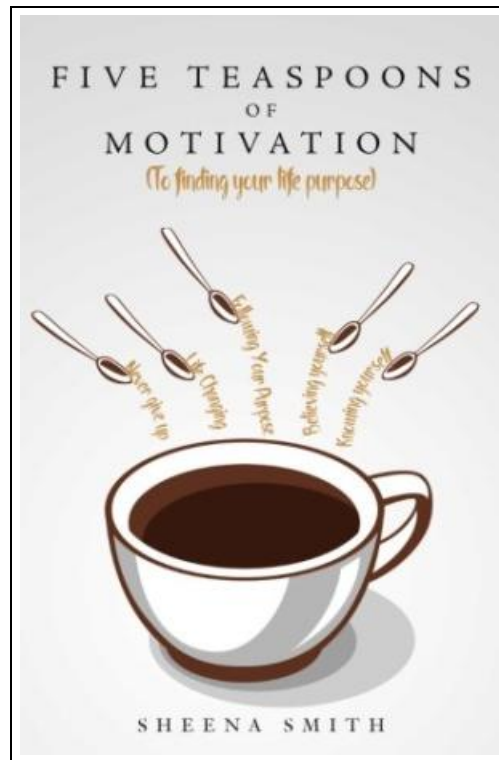


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The five-step tool for changing your life has arrived. Sheena-Rafat Smith never had an easy life. Dyslexic from birth, a juvenile delinquent at twelve, and homeless and a teen mother by seventeen, she experienced trials and tribulations that would cause anyone else to crumble. Yet she didn't. Instead, Sheena built her life up, brick by brick, using the five steps that she now shares in this book. Five Teaspoons of Motivation is the road map to find yourself, believe in your potential, and ultimately fulfill your life's purpose. Filled with motivational stories, quotes, and interactive writing assignments, this guide to Sheena's five-step process is accessible to anyone who wants to make a change and turn an unfortunate situation into a valuable one. Using examples from her own personal journey, Sheena inspires lifelong hope to persevere and overcome any situation, against any odds. This five-step process will teach you how to rise to the challenge, find your true purpose, and become empowered to fulfill it.

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