



# Shift Happens - Keep the main thing the main thing

*Jewel Diamond Taylor*

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## **Shift Happens - Keep the main thing the main thing** Jewel Diamond Taylor

Life will change without your permission. Best selling author Jewel Diamond Taylor inspires you to keep your eye on your goal and not your feelings. This power packed easy to read book delivers a keeping-it-real message. You will learn how to cope with adversity, distractions and life interruptions in a positive and proactive way. Inside are many pearls of wisdom to assist the reader in breaking the sabotaging habit of procrastination. When stress or change happens, Taylor writes, "your emotional habits will cause you to choose habitual patterns to cope, endure, enjoy or excel in life." Whether you experiencing setbacks, denial, procrastination or simply stuck, Taylor offers insights and steps to get you moving in the right direction of your goal, task and purpose.

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