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In T is for Transformation, Shaun T unveils the 7 transformational principles that guided his progress through life and that are at the core of his incredibly successful workouts. T is for Transformation is a motivational master class as Shaun shows you how to become more flexible and resourceful, give everything you've got, and, most importantly, trust and believe

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workouts. But people who think of Shaun T as just a workout force are missing something. He has always focused...

T Is for Transformation: Unleash the 7 Superpowers to ...

T is for Transformation is for everyone who is ready to face their truths, move past their pasts, reclaim the greatness that was always inside of them, and take control of their lives! --Chalene Johnson, New York Times bestselling author, host of podcast The Chalene Show, and creator of SmartSuccess "Shaun is a unicorn.

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A front three was central to former Juventus boss Maurizio Sarri's attacking plans last season, and now new manager Andrea Pirlo is considering the same formation in his latest tactical switch.

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