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Shaun T is, in general very inspiring and motivating. He tells his story in T is for Transformation, outlining his multiple transformations over the years. Transformation in mindset, body, outlook. Some of Shaun's story is a bit confronting, and that is why it took a little longer than usual to finish reading for me.

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transform their bodies and their lives through his *Hip Hop Abs, INSANITY,* and *CIZE* workouts.

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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 in your path to success.

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