



One Year from Today

Chris Sheerin

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One Year from Today is a positivity book with a twist. Laid out in the form of a calendar, it provides daily affirmations, mantras and challenges, all of which aim to help the reader sharpen their intuition, reignite their creativity and spontaneity, and strengthen their presence and resolve. Unlike other positivity manuals, however, One Year from Today can be read in a variety of ways. You can read it from cover to cover. You can read only the page allotted to a particular date. Or, you can dip into the book at random and apply the short and very simple life-lessons to your day.

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