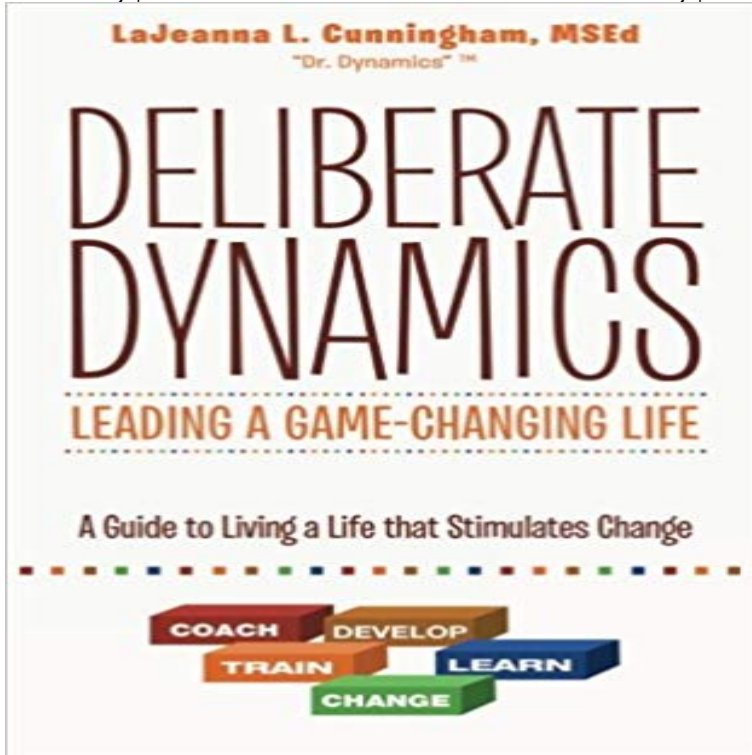


Deliberate Dynamics: Leading a Game-Changing Life: A Guide to Living a Life that Stimulates Change



Comparing life to playing in a ball game, author LaJeanna L. Cunningham offers ten top ways to achieve a dynamic life. In *Deliberate Dynamics*, Cunningham presents a guide book for those who want to live their life in a way that stimulates change or progress in themselves, their family, their community, and in society. A companion to *Deliberate Dynamics Junior: How to Win the Game!*, written by Cunningham's son, Cedric Cunningham, this inspirational book shows we are all capable of being that voice or presence that influences those around us. It suggests ways to get in a position to lead a dynamic life: Identify who you are Accept who you are Celebrate life Declutter your life Repeat what you've learned Understand that your words have life Prepare for change based on what's true Build a dynamic family Take advantage of small opportunities to be dynamic Lead a game-changing life The first in a series, *Deliberate Dynamics* shares important life experiences to illustrate how to achieve self-mastery in life's challenges.

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