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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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As a fitness icon and motivational mastermind, Shaun T has

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helped millions of people transform their bodies and their lives through his Hip Hop Abs, INSANITY, and CIZE workouts. But people who think of Shaun T as just a workout force are missing something.

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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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As a fitness icon and motivational mastermind, Shaun T has helped millions of people transform their bodies and their lives through his Hip Hop Abs, INSANITY, and CIZE workouts. But people who think of Shaun T as just a workout force are missing something. He has always focused on building inner strength first, then moving to the exterior.

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