



A lot of people talk about the importance of working from strengths. *Shift Up!* helps us figure out the personal needs that go with those strengths and structure our lives to meet them. The individualized adjustments I made after reading this book give me clarity and energy to make the contributions I most want to make. Thank you, DeAnna!

Wendy Ulrich, MBA, PhD, and coauthor with Dave Ulrich of *The Why of Work: How Great Leaders Build Abundant Organizations That Win*, a *Wall Street Journal* #1 best seller – USA

Shift Up! Strengths Strategies for Optimal Living,
By DeAnna Murphy, with Lisa Gregory and Steve
Jeffs – People Acuity’s Thought Leader Team

Have you ever wondered why you feel stuck or keep experiencing the same frustrations over and over? Are you wanting to experience a *Shift Up!* from depleting and draining relationships so you can live in high energy and performance every day?

You cannot grow by focusing on your weaknesses. Knowing your strengths will never lead to living and working in optimal ways – but knowing and using effective Strengths Strategies will.

Optimal Energy, Performance, Relationships

Your greatest fulfillment and most outstanding performance have the same common root: the ability to apply your strengths to make a difference. With practice, you’ll find these Strengths Strategies accelerate your energy, performance, and relationships, enabling you to excel in all life areas and become the very best you that you are capable of being.

Positive Effects

As you start applying each strategy, you’ll experience a *Shift Up!* in your life and work, and:

- Know the power of enhanced relationships
- Experience the excitement of being fully committed to your work and your life
- Feel the joy of deeper fulfillment and purpose in your personal life and in your work
- Watch your performance rise
- Gain the ability to intelligently influence others to join you

Discounted Volume Orders

Shift Up! Strengths Strategies for Optimal Living retails for \$15.95 and is found on Amazon and Barnes and Noble. Volume pricing includes:

1-49 books	10% off
50-100 books	20% off
100-250 books	25% off
250-500 books	30% off