



Yes or No: How Your Everyday Decisions Will Forever Shape Your Life

Jeff Shinabarger

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As you face daily choices that require yes or no decisions, there are times when you feel paralyzed—either from fear of making the wrong choice or because of too many seemingly equal options. Social entrepreneur Jeff Shinabarger helps you break through these moments of tension and transition with proven ways to move toward good choices.

Discover opportunities to become a decision maker as you gain strength in saying no, develop your personal philosophy of choice, and start using a practical process for making good choices even in difficult situations.

Jeff Shinabarger is a social entrepreneur and the author of *More or Less*. Jeff has a vision to make Atlanta a center for social innovation and has personally engaged in over 100 start-ups solving problems. His work has been featured by CNN, *USA Weekend*, *Atlanta Journal Constitution*, *Huffington Post*, *Christianity Today*, Coca-Cola, *Relevant Magazine*, and *Chicago Sun Times*. He is the co-founder of Q and creatively led Catalyst for eight years. Jeff and his wife, Andre, live in East Atlanta Village and have two children.

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