



Title: iACTUATE: 100 days of Inspiration, Vol. 1
Author: Olusegun 'Sheg' Aranmolate
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the book

To be truly inspired by life is really not a big secret. Understanding that despite the amount of turbulence in the world, there are still many compassionate people and inspirational things to look forward to in life. iACTUATE: 100 days of Inspiration is a 240 page daily devotional filled with famous quotes coupled with life encounters. Each page is supplied with simple life changing activities that strengthen the mind and the body.

the title

The "i" represents the author's sense of humbleness. ACTUATE is the intense desire to incite, motivate and inspire self and others. The content of this volume was composed based on the author's demanding life challenges and his coping techniques to maintain a positive attitude.

the reviews

"Aranmolate's book blends quotes, short but direct messages, stories and themes, covering every possible situation from personal difficulties to dealing with bad roommates, surviving fiscal problems and benefiting from unexpected opportunities. The book proceeds like an inspirational diary, with each day linked to a message or example." Nashville City Paper (Nashville, TN, USA)

"A must read for daily inspiration and motivation by a bright new talent...the perfect gift."

BookWoman BookMan Bookstore (Nashville, TN, USA)

"One of the top books to read...!" News Channel 5 - Talk of the Town (Nashville, TN, USA)



the author

Olusegun "Sheg" Aranmolate came to the United States in July 2001 by way of Lagos, Nigeria. He is considered to be a well respected motivational writer and prolific speaker and he is recognized as a philanthropist and an activist. He is also a fashion model, the co-founder of the Aranmolate Foundation for Deformed Children and the founder of the Inspivia. He obtained a Bachelors degree in Biochemistry and Molecular Biology, a minor in Psychology and a Masters degree in Applied Molecular Biology all before age 23. In 2007, Aranmolate or "Sheg" as introduced on ABC's *Oprah's Big Give* was one of the top five contestants. The reality series was a competition to improve the lives of others with no knowledge of any personal monetary gain.

Each day in iACTUATE: 100 Days of Inspiration is divided into two main sections, the message and schema.

MESSAGE

The message section provides the readers with an inspirational passage each day.

SCHEMA

The schema (plan) section is interactive and provides readers with daily mental and physical activities with four major parts; body, mind, goals and reflections.

EPOCH

After every tens days of active reading, the epoch section is a blank area for readers to reflect and write down their comments, thoughts, ideas, progress, future aspirations, and even opposing views to the daily messages.

areas of interest

Daily Devotional
Philanthropy/Charity
Holiday Wishes
New Year Resolutions
Stocking Stuffer
Book Clubs
Fitness/Health/Wellness
Motivational/inspirational
Lifestyle/Literature
Youth/Young Adult
Ethnic/International
Community/Volunteer
Student/Teacher Curriculum

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