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Big Give Author Offers 100 Days of Inspiration

Young Philanthropist pens Motivational Journal; 100 Famous Quotes Matched with Everyday Life Situations

Nashville, Tenn. -- (August 26, 2008) – Accepting the challenge of a lifetime, Olusegun "Sheg" Aranmolate, a contestant from the ABC reality show "Oprah's Big Give," philanthropist and now author has released the first volume of a motivational series, *iACTUATE: 100 Days of Inspiration, Volume One*, a daily devotional for 100 days. Each day is linked to an inspirational quote and a set of checklists used to inspire the spirit of readers.

Sharing lessons learned from his personal journey, Aranmolate highlights how inspiration is plainly put – found by enjoying the simplicity of life. For those connecting with life in its simplest form, the book easily explains how to get there acting as a diary relating to life's unexpected and sometimes difficult situations.

iACTUATE: 100 Days of Inspiration features quotes from the works of some of the world's greatest thinkers such as Aristotle, Immanuel Kant, Friedrich Nietzsche, Karl Marx, Albert Einstein, John F. Kennedy and Wole Soyinka. The lowercase "i" represents a humble self and the uppercase "ACTUATE" represents an intense desire to move into action toward improving lives and igniting success.

Drawing upon his dedication to service, the Big Give finalist completed the show with a renewed purpose to impact the lives of others, an important lesson he first learned while growing up in Nigeria. In *iACTUATE*, he blends inspirational quotes, messages and themes that keep readers engaged in goal-setting and self-reflection. Combining resources for mental, physical, emotional and spiritual growth, the book covers the experiences of all ages, from career and college and to conflict and compassion.

iACTUATE encourages readers to develop their own unique philosophies of life so that they may become ambassadors of goodwill to all.

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 has 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 2008, Aranmolate or "Sheg" was introduced on the TV show "Oprah's Big Give" became 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.

iACTUATE: 100 Days of Inspiration is available for purchase online from all major book retailers including Amazon, Barnes & Noble and Borders.

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