



The 5 Degree Principle: How Small Changes Lead to Big Results

Shannon Cassidy

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While working with executives, including Fortune 100 clients, Coach and Author Shannon Cassidy frequently observes them trying and failing to make drastic changes overnight. This strategy is a recipe for failure, fueling a new, erroneous belief that realizing these dreams requires a miracle. Cassidy successfully guides clients through her effective strategy: that five degree shifts, as opposed to 180-degree turns, are the keys to obtaining goals.

In *The Five Degree Principle*, we journey through a compelling fable of struggling executive Lauren and her trusted coach Andrea. Andrea inspires Lauren to use actionable tools and effective, straightforward strategies to take on tough, interpersonal challenges, both at home and in her workplace, and creatively rewrite her life story.

Together the two demonstrate the efficacy of making change in small increments, rather than in leaps and bounds. *The Five Degree Principle* shows how to follow a step-by-step path to progress and substantive change.

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