

# Shifts: An Anthology of Women's Growth Through Change

Trina Sotira, Michelle Duster



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**Shifts: An Anthology of Women's Growth Through Change** Trina Sotira, Michelle Duster Through short stories, essays, and poems, 35 women from different age groups, geographic locations, marital status, parenting status, professions, and sexual orientations share their experiences of growth as a result of change. This inspirational book highlights the strength of women as their life shifts ultimately lead to increased confidence and internal peace.

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