



Ten-Minute Transformation: Small Spiritual Steps that Revolutionize Your Life

Dr. Chris Altrock

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The average American spends about *ten minutes per day* in religious or spiritual activities. Do you believe you can experience a personal transformation if all you have is ten minutes a day? Or could these ten minutes be part of a more comprehensive plan for personal and global revolution? Could ten minutes be a mustard seed that God grows into something amazing? Pastor and author Chris Altrock believes it can!

Rather than complain about ten minutes being too insignificant for spiritual growth, Altrock teaches practices to maximize that time for personal transformation and real social change.

In only ten minutes a day over forty days, you'll learn a dozen spiritual disciplines to deepen your relationship with God. You'll also learn and see how God can use even the smallest amounts of time to change you and the world through your actions.

Are you ready for ten minutes to actually make a difference?

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