

A close-up portrait of a Black woman with short, dark hair, smiling warmly at the camera. She is wearing a vibrant blue, textured turtleneck sweater and large, ornate earrings with blue and gold elements. The background is a soft, out-of-focus light color.

SAVOI RAGSDALE



# ABSOLUTE BEST!

CHANGE YOUR MINDSET,  
CHANGE YOUR LIFE



## THE BOOK

### DESCRIPTION

You've hit your wall. You are through.

"No more!" you said. By now, you are just fed up with living a half-baked, numb, autopilot, and an unfulfilling life!

Mediocre. That's how you are living. The fire burning deep inside the pit of your stomach cannot be extinguished like you used to. You used to just push it down and bury it like a hidden treasure. By doing so, you don't have to deal with the fact that you are not living your *absolute best*. To be perfectly honest, you've made every excuse in the world to not step up in your life. Fear, self-doubt, and procrastination are just a few of the reasons you have not.

Fire, flame, smoke! Gone are your hopes, dreams, and aspirations.

Wiser than any species, human beings can decide to "fly high" or "lay low" in their lives. The choice is theirs. *Absolute Best! Change Your Mindset, Change Your Life* is the book that will help you become brutally honest with yourself and why you do what you do. This self-help book is for those who seek for entertainment and who look for practical applications into turning this vicious cycle around. Mastering the mind is just one of the many steps to break free from being enslaved to live a mediocre life. Ultimately, as steps are taken, moving the needle daily, one should arrive closer to their "highest true expression of themselves," as Oprah calls it. New you! Version 2.0, here you come!

### LEARN HOW TO...

- Get out of your own way.
- Stop existing and start living.
- Keep the fire burning inside you to produce concrete results.
- Create the evidence of the fire burning inwardly to outward results daily.
- Live your absolute best life.

---

**"Be the best  
you can be.  
Be in  
alignment  
with your  
greater you!"**

—Savoi Ragsdale

---

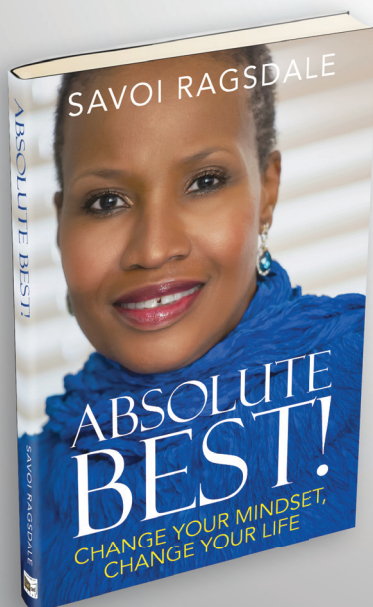


## THE BOOK

### UNCOVER IN THESE PAGES...

Live, do, and be your absolute best!  
No more excuses.  
Make up your mind and soar!  
Be the absolute best you can be!

- Be the highest true version of yourself.
- Seize the day.
- Kill mediocrity.
- Life is a habit. Replace bad habits with good ones.
- Decide. Make up your mind.
- No more excuses.
- Get real! Take your wig off.
- Become a master of good habits.
- CCV. Get a crystal-clear vision of your life.
- No more fear!
- Look out, world, here you come!



**“Life is about choices. To not choose is also a choice.”**

—Savoi Ragsdale





## THE AUTHOR

Savoi Ragsdale, a.k.a. Savoi Rags is an American motivational speaker and an award-winning author. Born on February 28, 1961, and an MBA graduate, Ragsdale's *Rear View Reflections*, her most recently published book, earned unanimously 5 out of 5-star reader reviews. (Learn more at [www.authorsavoirags.com](http://www.authorsavoirags.com).)

Recognized by many in her workplace as one of the top producers, Ragsdale is a recipient of the prestigious Citicorp Diners Club (CDC) Service Excellence Award and the coveted CDC FOCUS Award. She is also a recipient of the Who's Who of American High School students.

Ragsdale is best known for her dynamic personality, encouraging speeches, and passion for life. She reminds some of her colleagues and friends of the late American poet Maya Angelou. Ragsdale was one of the most recent speakers at the Women of Denver's Badassery in the Boardroom event and guest host on *Queens Stand Up* radio show.

A fun-loving individual who embraces all of who she is and what she continues to evolve to be, her hobbies include karaoke, dancing (she "thinks" she is a pro), and cards games. Close friends call her the life of the party!

Raised in Longview, Texas, Ragsdale currently resides in Denver, Colorado, with her honey and their dog, Prince, who is named after The Artist. Find out more about Ragsdale at [www.absolutebestbook.com](http://www.absolutebestbook.com).

---

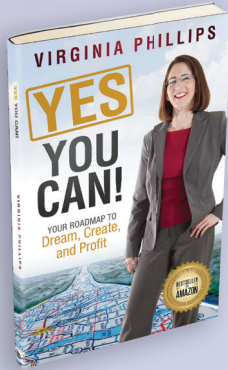
**"Stay you! Be you! Do  
you! No one can do  
you better than you."**

—Savoi Ragsdale

---

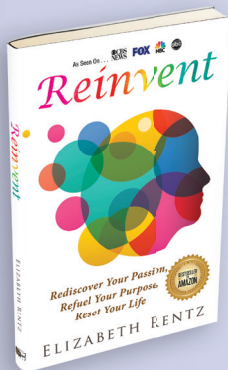


## TESTIMONIALS



**“You will greatly appreciate how well-written this book is. It’s such an easy read but packs a lot of punches that will make you question yourself, ‘Am I living the absolute best life that I deserve?’ Don’t procrastinate, grab your copy of *Absolute Best!*”**

—Virginia Phillips  
Author of *Yes You Can!*



**“There’s no other way but up! Savoi Ragsdale will not take NO for an answer in this book. What she offers will push you to stop existing and start living. Become the very best version of yourself by becoming fearless—seize the day, no more excuses, overcome self-doubt, and **BREAK FREE** from a mediocre life!”**

—Elizabeth Rentz  
Author of *Reinvent*



**“‘Life is about choices. To not choose is also a choice.’ Don’t you just love how this simple quote from Savoi makes your heart race like you’re running a marathon? It’s just one of the positive realizations that this book has to offer. You will immensely enjoy reading it.”**

—Stania Rensberger  
Author of *The Best is yet to Come*



## TESTIMONIALS



**“No one can do the best version of you but YOU! Mastering the mind to break the chain of your limiting beliefs is just the starting point. Savoi Ragsdale shares her passion to empower people one step at a time, to become closer to the highest version of themselves, soar high and reach their dreams.”**

**—Adeline Heng**

*Author of Doing God and Doing Well*





media kit

SAVOI RAGSDALE

## BOOK INFO

Book Title: **Absolute Best!**

Subtitle: **Change Your Mindset, Change Your Life**

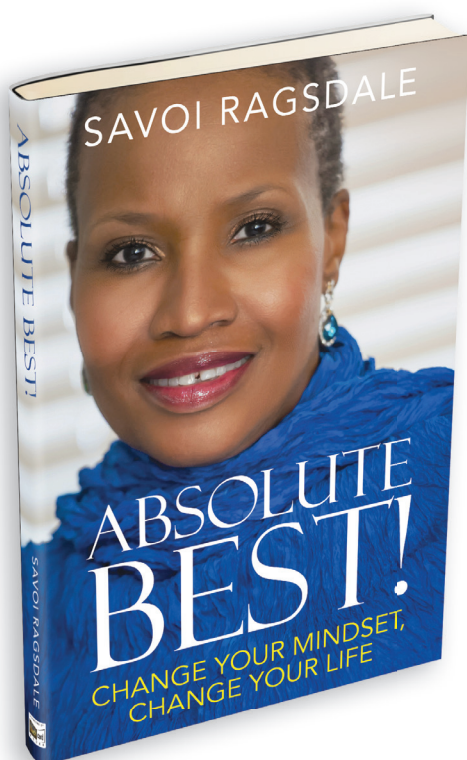
Release Date: **2018**

Price: **USD 32.00**

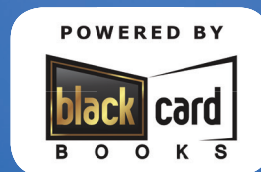
ISBN: **978-1-77371-148-5**

Phone: **+1 720 278 6232**

Email: **authorsavoi@yahoo.com**







Publisher

**Black Card Books**

Suite 214

5-18 Ringwood Drive

Stouffville, Ontario

Canada, L4A 0N2

Tel: +1 877 280 8536

[www.blackcardbooks.com](http://www.blackcardbooks.com)