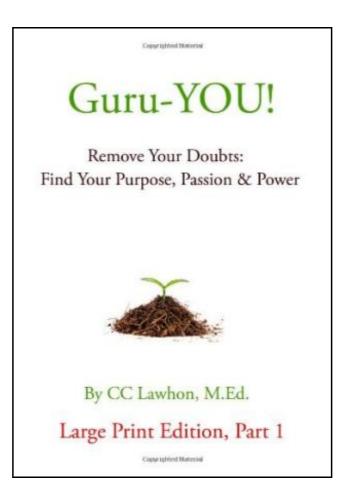
Guru-You



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Reviews

Very useful to all of group of folks. I could possibly comprehended every little thing using this created e book. You wont truly feel monotony at anytime of your time (that's what catalogs are for concerning in the event you ask me). (Claire Carroll DVM)

GURU-YOU



Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 440 pages. Dimensions: 9.9in. x 7.0in. x 1.1in.Guru-YOU! is the Ultimate Self-Help Book. The Large Print Edition includes the original book with the Tools A-Z section available separately in Large Print as well. Together, the two large print books have a comparable combined price to the entire original edition. Guru-YOU!s inaugural book brings up a complete array of potential blocks to achieving our dreams, and in each chapter, explains step-by-step how to overcome these obstacles. This first book looks at everything from how to have the physical health or weight we want to how to let go of drama and stop the overwhelming thoughts that threaten our mental clarity. Guru-YOU! makes the tough issues (weight, relationships, childhood problems, drama in the workplace, general unhappiness) simple. It doesnt minimize their importance, it gives us easy, fun, real-life ways to handle the areas in which we struggle. The chapters are short, hard-hitting, and have an activity or two at the end of each one which allow you to apply what you have learned. These mini-workshops are engaging and probing, and are tailored specifically to you. Guru-YOU! is about recognizing the answers are within, recognizing how to get to these answers, recognizing it doesnt have to be hard or complicated to stop struggling, and knowing the tools needed to do so are right at our fingertips in this book. Organizationally, the book is divided into four parts, How Guru-YOU! Disappeared (the past), Why Guru-YOU! is Hiding (the present), and Becoming Guru-YOU! (the future) plus a cross-referenced Tools A-Z section as a separate reference book. Guru-YOU! includes links to audio meditations, video tutorials, other websites, and multimedia activities. The fourth section (sold separately in large print), is an array of tools cross-referenced...

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