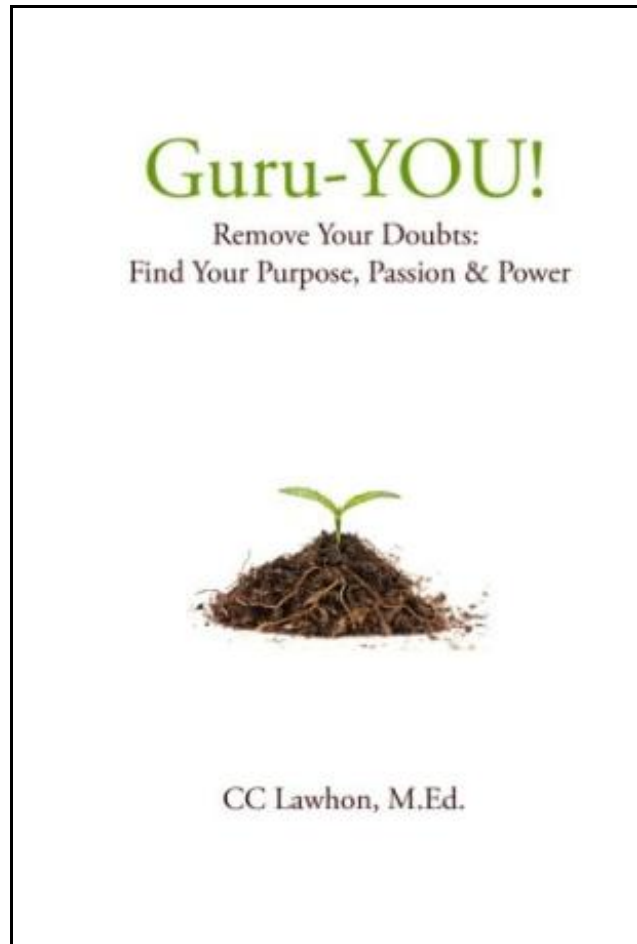


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Reviews

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(Dr. Lera Spencer)

GURU-YOU!: REMOVE YOUR DOUBTS: FIND YOUR PURPOSE, PASSION POWER (PAPERBACK)



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Createspace, United States, 2011. Paperback. Book Condition: New. annotated edition. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Remove Your Doubts: Find Your Purpose, Passion Power 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 doesn't 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 doesn't 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 at the end. The eBook includes audio meditations, video tutorials, links, and multimedia activities. The fourth section, an array of tools (cross-referenced through the chapters, and outlined in the table of contents for easy reference), shows you where to go for detailed help in any area (relationship experts, Reiki, meditation techniques, or how to find a group near...

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