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Guru-You!: Remove Your Doubts: Find Your Purpose, Passion Power (Paperback)

By CC Lawhon M Ed

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...



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