



## Guru-You

By Cc Lawhon M. Ed.

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 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...



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