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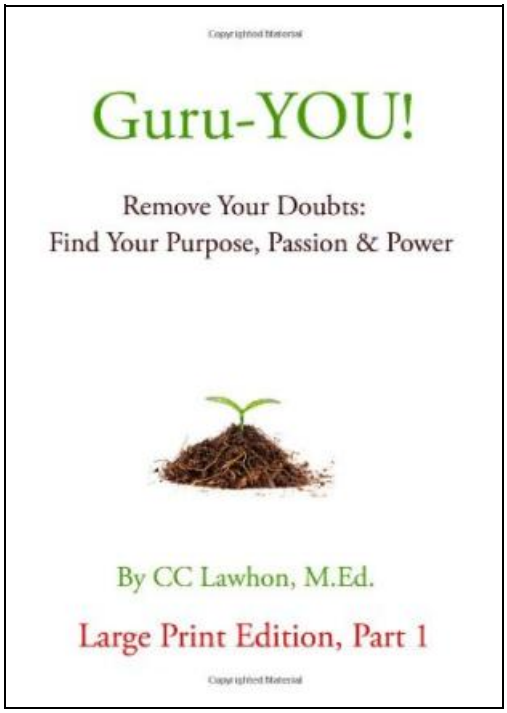

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Reviews

Undoubtedly, this is the greatest job by any author. It is actually filled with wisdom and knowledge I am quickly could get a pleasure of reading a written book.
(Kade Ankunding)

GURU-YOU! LARGE PRINT EDITION (PAPERBACK)

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Createspace Independent Publishing Platform, United States, 2011. Paperback. Condition: New. large type edition annotated edition. Language: English . Brand New Book ***** Print on Demand *****. 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 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 as a separate reference book. Guru-YOU! includes links to audio meditations, video tutorials, other websites, and multimedia activities. The fourth section (sold...

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