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Guru-YOU Tools A-Z Large Print Edition

By Cc Lawhon M. Ed.

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 166 pages. Dimensions: 10.0in. x 7.0in. x 0.4in. Remove Your Doubts: Find Your Purpose, Passion and 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 is the second part of the Large Print Edition. It 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 Tools chapters are short, hard-hitting, and have many ideas which allow you to apply what you have learned in Part 1 of the Large Print Edition. 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...



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