



Guru-YOU!: Remove Your Doubts: Find Your Purpose, Passion & Power

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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 you) and also give you starting points for growing and evolving (creative outlets that work for the "uncreative," finding a spiritual connection in nature, books, church, travels, etc). This section is vital because most self-help books insist they have THE system that will fit EVERYONE. In Guru-YOU! I provide readers with a step-by-step plan but, within that framework, reference many other authors, speakers, conferences, workshops, ideas, and tools to make sure they find exactly what they need when looking for support. The tools are offered last because that many tools can be overwhelming (just go to Oprah's website-where to start?!?). But here, because they are referenced in each clearly defined chapter, we know if a specific tool can help us in our area of concern. This last section is like a self-help Yellow Pages. It includes most anything a reader might need to put the chapters' ideas into action. The well-defined table of contents allows you to easily find his or her issue and go right to the chapter needed. Chapter titles are very clear and annotated so it's like many mini-books in one. Plus, after 3-5 pages on a topic, we already feel better, have a direction, and know what to do in our issue area-instead of buying a separate book for each one. Sometimes, we'll realize we need to delve further into one area. That's when we go to tools and find more books on the subject (or soon, go to the Guru-YOU! book on that subject). So many self-help books are contingent on wading through the whole thing for very few tidbits we feel are applicable to ourselves. In today's hectic society, we need what we need right when we need it, and with technology advancing at the rate it is, we expect the answers lightning fast. Guru-YOU! provides that quick response time, keeps it fun, and ensures all readers have a complete register of what they may need to "Inquire Within" about any issue. Have a problem? There's a chAPPter for that! Future Guru-YOU! books will focus on specific areas like Teens, Career, Love, Gay & Lesbian, and more. And, be sure to look for detailed workbooks/CD ROMS which will supplement each book.

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