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"Be Your Own Change Guru - The Ultimate Women's Guide For Thriving At Midlife" is a step by step guide for making change, specifically for women over 40. The book addresses common midlife challenges including relationship issues, career transition, body image, finding life purpose and facing empty nest and fertility issues while at the same time, weaving Susan's personal journey throughout.

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How to Be Your Own Guru

Be Your Own Guru My good friend Jody Radzik – the guy who first introduced me to raves, actually – started up a blog this year. Jody is about the most loving and optimistic person l've ever known.

Be Your Own Guru - Rushkoff

Being your own guru starts with nourishing and loving your body, and her mission is to help people around the world realize the potential they have to do that. Cassandra believes in tapping into your own body's wisdom â€" and not diet or health fads â€" to truly live a fuller life.

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