



Your Inner GPS: Follow Your Internal Guidance to Optimal Health, Happiness, and Satisfaction

By Zen Cryar DeBrücke

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Many of us rely on our car's or phone's GPS but ignore the life-directional system we were each born with. This innate compass — what Zen Cryar DeBrücke calls our internal guidance system (IGS) — wants us to be happy, successful, and stress-free. How do we tune in to this tool? DeBrücke learned from trial and error and through the dramatic crucible of being the CEO of an internet firm during the dot-com bust. Her IGS helped her ride these daunting waves — and in the process she learned to leave painful memories behind, abandon destructive relationship patterns, and set boundaries. Learning to recognize and speak her truth led to the “beautiful sensation of being comfortable in [her] own skin.” Here DeBrücke shares her innovative program with readers so they too can have the life-changing experiences that result when we follow the guidance within.

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- Sales Rank: #526122 in eBooks
- Published on: 2016-04-08
- Released on: 2016-04-08
- Format: Kindle eBook

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Editorial Review

Review

Praise for *Your Inner GPS*

“Every once in a while a new teacher emerges, showing us a fresh way of looking at ourselves that can be truly transformational. With *Your Inner GPS*, Zen Cryar DeBrücke proves herself to be one of those teachers. She offers us a unique perspective and powerful tools that can change our lives.”

— **Marci Shimoff**, #1 *New York Times*–bestselling author of *Happy for No Reason* and *Chicken Soup for the Woman’s Soul*

“Zen Cryar DeBrücke has created a masterpiece that explains your inner guidance and how to work with it to get the best results in your life. This book is definitely a must-read to understand your inner self better, to be happier, and to enjoy your life more.”

— **Marie Diamond**, bestselling author of *The Energy Number Book*

“Zen Cryar DeBrücke is a master who takes us by the hand and shows us that we all have deep wisdom within — our Internal Guidance System. Her book is filled with solid, doable instructions that can have a transformational effect on us, increasing joy in our lives. I couldn’t recommend this book more highly.”

— **Jack Canfield**, author of *The Success Principles*[™] and coauthor of the *Chicken Soup for the Soul*® series

“Our bodies often know more than our conscious minds. The world of gut feelings, hunches, and intuitions is so much easier to understand with Zen Cryar DeBrücke’s Internal Guidance System. Both the techniques and the read itself feel like a breath of fresh air.”

— **Robert Richman**, author of *The Culture Blueprint* and former Zappos Culture Strategist

“Now more than ever, a planet in crisis needs humans who are willing and able to open up to, receive, and take inspired action on instructions from the unseen realms. As human consciousness evolves, many are courageous and willing, but few know how to tune in to and interpret spiritual guidance. This practical manual offers you accessible tools for empowering your intuition, your heart, and the Divine to guide your decisions. Ready to let the Divine take the lead in your life and to surrender yourself to being used as a secret agent of sacred service? If you’re brave enough to say yes, get ready for magic, synchronicities, better health, more intimate relationships, a sense of meaning and purpose, and the deep fulfillment of knowing you are being used as a miracle worker on a planet where your love is much needed.”

— **Lissa Rankin**, MD, founder of the Whole Health Medicine Institute and *New York Times*–bestselling author of *Mind Over Medicine* and *The Anatomy of a Calling*

“In *Your Inner GPS*, Zen Cryar DeBrücke provides a smart, direct, hands-on guide to transcend worry, fear, and stress to recharge, repurpose, and reconnect with your life’s deepest meaning and purpose. Don’t miss this one!”

— **JJ Virgin**, CNS, CHFS, celebrity nutrition and fitness expert and *New York Times*–bestselling author of *The Virgin Diet* and *The Sugar Impact Diet*

“Those ready to tap into their unlimited wisdom and supernatural powers can immediately put this book to

use. Easy to read and fun to practice, *Your Inner GPS* will help many!”

— **Mike Dooley**, *New York Times*–bestselling author of *Infinite Possibilities* and *Leveraging the Universe*

“In *Your Inner GPS*, Zen Cryar DeBrucke provides a simple but powerful guidebook on how to use your own innate inner wisdom. This system, which you already have inside you, will transform anxiety, worry, and fear into confidence and joy. This book is filled with examples and exercises that quickly teach you how to follow your inner GPS daily. Fun to read and easy to do, the exercises will increase your confidence in making the right choices. Be prepared for success to materialize in all areas of your life.”

— **Raymond Aaron**, bestselling author of *Double Your Income Doing What You Love*

“Most of us have followed an inner voice that guided us to do something unexpected and led to a profound positive result. Zen Cryar DeBrucke shows us how to develop a daily relationship with this inner guidance. She shares a technology that has the potential to liberate us from habitual patterns, behaviors, thoughts, and emotions — a key to unlocking a direct experience of wholeness. Imagine living life to your full potential simply by discovering how to deeply listen to the always-present wise voice within that is your birthright. This book is a good guide.”

— **Manju Lyn Bazzell**, keynote speaker and former executive director of the Gangaji Foundation

“This book provides a step-by-step, easy-to-use process of using our own Internal Guidance System (IGS) to end needless suffering and create more happiness. Zen Cryar DeBrucke teaches us how to stop using dysfunctional thought patterns and how to be deliberate in using and trusting our IGS. I recommend DeBrucke’s book and IGS courses.”

— **Anita Sanchez**, PhD, coauthor of *Success University for Women*

“Your Inner GPS won’t rock your world — these skills so warmly explored by the heart-master Zen Cryar DeBrucke will instead center your life as you navigate all kinds of compelling choices, daily chaos, and the unexpected that always drops in at the least fortuitous moment. In short, life as most of us know it can be buoyed by ongoing discovery and the clarity of this body intelligence that wakes up our inner wisdom and makes it both practical and profound. DeBrucke is the best friend/mentor to guide you in making sense of your inner landscape. You are going to love this book and use it every day.”

— **Kathlyn Hendricks**, PhD, bestselling coauthor of *Conscious Loving* and *Conscious Loving Ever After*

“In a world overpopulated by pundits, Zen Cryar DeBrucke’s book is a breath of fresh air. This work guides you to a profound sense of self and self-trust. Your Inner GPS provides a set of practices for inner peace and a flight plan to freedom beyond the shackles of self-doubt.”

— **Stewart Emery**, speaker, consultant, and internationally bestselling author of *Actualizations*

“Zen Cryar DeBrucke has developed a brilliant yet simple way to listen to and interpret your inner guidance. Her ideas and exercises are profound, practical, and essential for living a successful and fulfilling life. This is a book to savor and digest.”

— **Peggy Cappy**, author and creator of *Yoga for the Rest of Us*, as seen on PBS

“We all have moments when we struggle and stress, and everything seems difficult. And then there are those times when the shoe fits perfectly, and just the faintest hint of action accomplishes miracles. The book you hold in your hand is the bridge between these two realities. Through accessing the Internal Guidance System you can tune your life in to what is simple and easy. I have tried what Zen Cryar DeBrucke writes about, and it works!”

— **Arjuna Ardagh**, founder of Awakening Coaching and author of *Better Than Sex* and *The Translucent Revolution*

“If you have ever thought that some people seem to always make the right decisions, have awesome relationships, and generally appear happy, and you don’t know why, then this book is for you. What sets them apart from others is their ability to lead their lives from the inside out and trust their inner GPS to effortlessly guide them to happiness and success. Zen Cryar DeBrucke gives you doable practices that work and a concrete how-to for listening to your Internal Guidance System and following its lead to greater happiness, fulfillment, and satisfaction in your life.”

— **Natalie Ledwell**, cofounder of Mind Movies and host of *The Inspiration Show*

About the Author

Entrepreneur and teacher **Zen Cryar DeBrucke** is a coach to a wide variety of enterprises and individuals. She lives in the San Francisco Bay Area. **Sonia Choquette** is a spiritual teacher and the *New York Times*–bestselling author of *Walking Home* and other books. She lives in Chicago.

Users Review

From reader reviews:

Leticia Nielson:

Nowadays reading books become more and more than want or need but also turn into a life style. This reading habit give you lot of advantages. The huge benefits you got of course the knowledge the particular information inside the book that improve your knowledge and information. The information you get based on what kind of e-book you read, if you want attract knowledge just go with knowledge books but if you want really feel happy read one along with theme for entertaining for example comic or novel. Often the *Your Inner GPS: Follow Your Internal Guidance to Optimal Health, Happiness, and Satisfaction* is kind of guide which is giving the reader capricious experience.

Lori Gravitt:

In this period of time globalization it is important to someone to acquire information. The information will make a professional understand the condition of the world. The condition of the world makes the information much easier to share. You can find a lot of referrals to get information example: internet, newspapers, book, and soon. You can view that now, a lot of publisher which print many kinds of book. Often the book that recommended to you personally is *Your Inner GPS: Follow Your Internal Guidance to Optimal Health, Happiness, and Satisfaction* this book consist a lot of the information with the condition of this world now. This specific book was represented how can the world has grown up. The language styles that writer use to explain it is easy to understand. The actual writer made some analysis when he makes this book. Here is why this book acceptable all of you.

Barbara Simon:

This *Your Inner GPS: Follow Your Internal Guidance to Optimal Health, Happiness, and Satisfaction* is brand new way for you who has fascination to look for some information as it relief your hunger associated with. Getting deeper you in it getting knowledge more you know otherwise you who still having small amount of digest in reading this *Your Inner GPS: Follow Your Internal Guidance to Optimal Health,*

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