



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

*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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