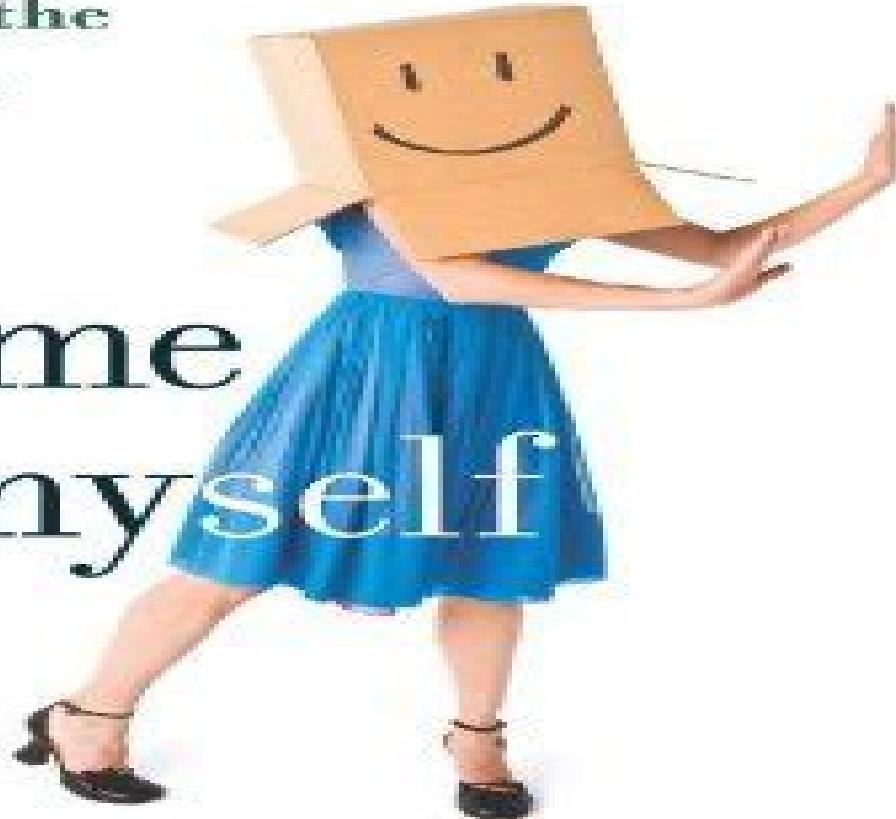


one skeptic,  
ten self-help gurus,  
and a year  
on the brink of the  
comfort zone

helping me  
help myself



**BETH LISICK**

Author of the *New York Times* bestseller *Everybody into the Pool*

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