



# Stepping Into More:

## *Lessons from a Recovering Perfectionist*

### Rachel Karu, MS, ACC

*"In an unabashed, tell-it-like-it-is style she draws you into her story and reveals the peaks and valleys of her journey... **Only read this book if you're not afraid to have your dreams come true!**"*

~ Sharon Jordan-Evans, executive coach & keynote speaker, co-author, *Love 'Em or Lose 'Em: Getting Good People to Stay and Love It, Don't Leave It: 26 Ways to Get What You Want at Work.*

In **STEPPING INTO MORE: Lessons from a Recovering Perfectionist**, Rachel details her personal journey of wrangling and ultimately co-existing with her Gremlins. Our goal is to create a fulfilling life and we all need guidance along the way.

Intended as a tool, this guide offers support as you grapple with your own Gremlins and higher self, so that you learn how to make clear, conscious choices that lead to a wonderful, expansive life. Rachel's story and the reflective questions at the end of each chapter are designed to serve as a stepping stone for you to reconnect to and honor your passions, values, and dreams.

*Rachel Karu's* quest for an authentic, inspirational life led her to create RAE Development - a professional and personal development practice. Described by her clients as "a gifted coach and facilitator who is both intuitive and pragmatic," Rachel brings more than 19 years of Human Resources, training, coaching, speaking, and singing experience to support her clients. Rachel's clients include Raytheon, Mattel, US Navy, Nestle, Braille Institute, Disney/ABC, and more. She holds an MS in Counseling for Business and is a Certified Coach. Rachel is happily married and the proud mother of two amazing children.



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