

Create a New You

***The Complete Idiot's Guide to Reinventing Yourself* by Jeff Davidson, Alpha Books, www.idiotsguides.com, \$16.95.**

Ready to take your life or career in a new direction and just need a swift kick in the pants? Jeff Davidson, founder of The Breathing Space Institute in Chapel Hill, North Carolina, can help with his new book, *Reinventing Yourself*.

You're no idiot, but you may dream of a more balanced life where you can achieve your full potential. Davidson offers tried-and-true tips for getting there, including how to assess and leverage your circumstances, no matter what they are; how to redefine your body through physical fitness, proper

nutrition, and cosmetic surgery; expert tips on reinvigorating your career through improved writing, speaking, and Internet skills; and how you can improve relationships with friends, family, and your partner.

Davidson can help you begin to energize your relationships and realize your dreams.

