

Jerry Anathan of Inner Guru Coaching to be Featured on CUTV News Radio

NEW YORK, NEW YORK, USA, April 21, 2015 /EINPresswire.com/ -- Research studies have shown that approximately 80 percent of the things we intend to do will not get accomplished without someone or something holding you accountable. If your vision is too broad, it can become overwhelming, and if you don't have the tools and a strategy to get where you want to go, you might feel worse than before you'd even started.

Jerry Anathan is a [certified life coach](#), yoga instructor and the founder of [Inner Guru Coaching](#), where she helps individuals to, like the name says, unlock their inner guru.

"I meet with people one-on-one and help them get from where they are today to where they want to go, wherever that may be for them," says Jerry. "That requires me getting very clear on what they want, very clear on what their obstacles will be and have been. I don't need to be an expert in their goals, I need to be an expert in helping them think differently."

Jerry says she meets with four types of clients: clients who feel something they don't want to feel; clients who are doing something they don't want to do; clients who are not doing what they need to do;

and clients who just want their life to be better. Whatever their goal, Jerry helps to break down the path into smaller steps, specific and measurable actions that will bring them closer to wherever they want to go.

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Visualizing an action is 99

“I do have a certain zest for what I'm doing and I think it's obvious, sincere, and authentic — people respond to that,” says Jerry. “You can't project onto your client what you think is best for them. It's 99 percent about being with them, holding them accountable. They finally feel heard.”



Jerry had been in corporate business most of her life. In 2008, she sold her real estate company and opened a yoga studio in Cape Cod. From teaching yoga and teaching people, she found a real desire to help people think differently and amplify it to lead a “really awesome life.” Jerry creates an intimate, trusting relationship with her clients where she is completely present with them.

“Visualizing an action is 99 percent of completing it,” says Jerry. “It’s the gunk in the way that keeps people from moving forward. Once they’ve got that worked out and feel good about themselves, they feel inspired. So it’s about seeing things clearly, making a commitment and being able to easily, gracefully follow through.”

CUTV News Radio will feature Jerry Anathan in an interview with Jim Masters on April 22nd at 11am EST.

Listen to the show <http://www.blogtalkradio.com/closeuptalkradio>. If you have a question for our guest, call (347) 996-3389.

For more information on Inner Guru Coaching, visit <http://www.InnerGuruCoaching.com>

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