



Are You My Guru?: How Medicine, Meditation & Madonna Saved My Life

Wendy Shanker

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From the author of *The Fat Girl's Guide to Life*—an insightful and humorous memoir of one woman's quest to navigate the world of alternative healing.

At age 33, Wendy Shanker was on the verge of Have It All-itis: a Midwestern girl living in Manhattan, writing for television, mingling with celebrities, and publishing her first book. Plus, she had a fierce haircut. Life was good. Then suddenly, it wasn't.

Diagnosed with a rare autoimmune disease, Wendy knew she was in for it- at the very least a cocktail of chemo and steroids (certain to challenge her body image), a bustling career put on hold, and a major hurdle to her dating life. When she ran out of medical options, Wendy found herself exploring everything from acupuncture, colonics, and energy healing to detox retreats, tarot card readers, and an intuitive therapist who wanted her to talk to her liver. Surely there must be a guru somewhere who can fix everything-right?

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