



# Earth Is Your Sweet Spot: A Woman's Guide to Living Beautifully

*Ellae Ellinwood, Mary Lanier*

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# Earth Is Your Sweet Spot: A Woman's Guide to Living Beautifully

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*Earth Is Your Sweet Spot* is written by three generations of women who invite readers to the work of their lifetime: transforming themselves and our world. This inspiring little book builds on the books of Eckhart Tolle (*A New Earth*) and Rhonda Byrne (*The Secret*). This book gently guides the women of the world to connect to their ultimate source of balance and renewal: Mother Earth. By connecting to Earth and remembering and appreciating her, each woman can activate her highest potential and enjoy a more balanced life. The book invites each woman to help heal the Earth in her own unique way, as well as inviting them to intentionally choose to be a creative female leader in her own personal sphere of influence. *Earth Is Your Sweet Spot* provides inspiration through the authors' rich language and practical advice in the form of exercises for visualizations, breathing, Qi Gong movements, and other easy-to-implement actions for personal growth.



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