



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

By Ellae Elinwood, Mary Lanier, Katie Garland Noble

White Cloud Press, United States, 2012. Paperback. Book Condition: New. 194 x 138 mm. Language: English . Brand New Book. In Earth Is Your Sweet Spot authors Ellae Elinwood and Dr. Mary Lanier invite all women to the work of their lifetime: transforming themselves and our world. This inspiring little 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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