



## Percolate: Let Your Best Self Filter Through

*Elizabeth Hamilton-Guarino, Katie Eastman Dr.*

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“I highly recommend this book if you want to live more fully, laugh more heartily, and leave a lasting legacy for your loved ones!”

— Noah St. John, best-selling author of *The Book of AFFORMATIONS®*, [www.NoahStJohn.com](http://www.NoahStJohn.com)

Is there a voice inside of you that’s urging you to make changes and seek a richer, more fulfilling life? Do you feel like you’ve been searching for something more meaningful, even if you don’t know exactly what it is? Have no fear—Percolate will show you how to let your best self filter through and thrive!

In this empowering, heartwarming—and often humorous—book, **Elizabeth Hamilton-Guarino** will help you wake up to what’s possible, allow your heart and mind to simmer with fresh ideas to achieve your goals and enhance your well-being, and enable your spirit and passion to rise to the top like the foam on your latte. Elizabeth will guide you through the Percolate Process™, a nine-point plan she developed with **Dr. Katie Eastman** that teaches you how to implement positive changes to excel in every aspect of your life. It’s simple, practical, and fun!

Go ahead . . . grab a cup of your favorite joe, put your feet up, and start percolating. Ah, can’t you just taste the inspiring brew as your most powerful thoughts blend together to bring the authentic, best you to the world?

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