



Percolate: Let Your Best Self Filter Through

Elizabeth Hamilton-Guarino , Katie Eastman

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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

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?

Percolate: Let Your Best Self Filter Through Details

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Author : Elizabeth Hamilton-Guarino , Katie Eastman

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From Reader Review Percolate: Let Your Best Self Filter Through for online ebook

Jacinda says

I received this book for free through Goodreads First Reads.

This book is designed to be a workbook for self help, and I think it has some good valid points throughout. The book doesn't massively tell you exactly how to change your life but instead guides you into self reflection to bring you to your own (much stronger) conclusions in small percolating steps. The only thing that annoyed me about this book is the author's love of self promotion, which could easily have been toned down a bit as it was irrelevant throughout most of the book.

Emefa says

This is a fantastic book, packaged very well with a cute cover and compact size.

I probably wouldn't have appreciated this book as much several years ago, but found it helpful and affecting in the here and now, as a 30-something. I enjoyed the author's perspective, which seemed both pragmatic and soulful. The stories, which often connect to the author's life, are interesting and hold your attention. I especially liked the numerous questions added for the reader's personal reflection. As promised, this is the type of self help book where you actually feel that you yourself benefited in tangible ways, rather than just feeling bombarded with random insights. Great book! & thanks to Goodreads and the author, for providing me with a free copy through Goodreads Firstreads!!!

Traci says

I can't say I personally got the chance to fully relate to the book, as it was written for people who are generally much older than I (being 18 and all) and leading more established lives. It was thought provoking and had me laughing and smiling quite often, though! Once I realized I was not able to relate to a lot of it, I decided to stop reading. I did however lend the book to my mom, who has been noticeably more positive and exuberant. I love how much this book changed her outlook and she hasn't even finished it. She's smiling and beaming and she has become so much more present in mine and my younger sister's lives. This book definitely lit a spark in her and I'm completely ecstatic about it.

Rebecca says

Elizabeth Hamilton-Guarino has written an entertaining self-help guide. "Percolate: Let Your Best Self Filter Through" will show you how to become your best self. It consists of the nine Percolate Points using personal stories with a direct and engaging writing style. It guides the reader into self-knowledge and making authentic decisions in all areas of life. In Chapter 5 Elizabeth is telling a story about her dad and mentions in

passing, "... you have to walk through every closed door in order to find the new opportunities that await you ...". It's funny. I've never heard that expression. It reminded me of the quote, "When God closes a door, he opens a window." Although with this author, she's a gutsy woman that's probably not going to wait around for a window to open – she knows what she wants and is not afraid to open doors to find it. I thoroughly enjoyed reading this and feel that anyone can benefit from reading this book. Highly recommended!

Books On Fire Tours says

I have the feeling that this is one book that I shall be reading again and again, depending on what I want out of my BEST life first. As far as self help books go, this one has an action plan for everything and advice for every circumstance. Whether you want to lose weight, earn more money, follow your dreams, find love or just live a more meaningful and fulfilling life, this book has it all.

I loved the unique way she used different blends and strengths of coffee as both a metaphor and paradigm at the same time. The helpful advice, the insightful questions and the analogies/ anecdotes were exceptionally interesting. It is well written and full of heart. The Author's personality as well as her emotions were portrayed true to her authentic, and often comical self. The coffee breaks with Dr. Katie Eastman were incredibly useful and enjoyable. Overall I highly recommend this book. Even if you don't want to change a thing, you will still gain something useful and educational from her experiences.

Beth Ann says

I won this book as Goodreads giveaway and immediately was drawn in by the coffee references. Who doesn't love a good motivational book with a coffee theme? What a great book chock full of wisdom with humor sprinkled throughout to keep the reader engaged and entertained!!! I am currently getting ready for a big move so the principles outlined in the book were timely and helpful. Nice writing style with little "coffee breaks" by Dr. Katie Eastman made this a book that I will return to to see what pages I do geared and what words I underlined. Thank you to Elizabeth Hamilton-Guarino for your great insight into what will truly help folks percolate!!!!

Christina Torretta says

I have a few problems with this book. I'm going to start with what I liked though.

I really, really enjoyed the writing. It is like I'm sitting down and talking with the author. She brings everything down to my level and explains everything in detail. Sometimes overly so, but I think for self help and self reflection, books sometimes need to get into the thick of it and really explain. It's like cooking, if you don't have the full ingredient list, your meal is going to flop.

I enjoyed the set ups in all of the chapters and especially enjoyed the section about saying "No". I have overwhelmed myself countless times by not feeling like I could say no to someone. This is definitely something I'm incorporating into my life!

The beginning of this was interesting but sadly nearly 20% was all anecdote. I do learn by listening to what

others have gone through but (and honestly I think it was closer to 30%) when all the book talks about is your life, maybe it's not really so much self help?

Maybe it's because I actually enjoy reading self help books but I felt like this should be a beginners type of book. So much of this was stuff that I've already read. And that can be great because everyone needs reminders, but with all the anecdotes thrown in it just seemed like almost more of a memoir with a bit of self help on the side.

I have to say, I really appreciate the thought of wanting to help people and actually putting that thought into process. In Percolate, however, I feel like something would be said to keep the reader positive, like say get the reader motivated, but then it would not fully extend that idea to how the reader could actually incorporate those ideas into their lives.

The one section I did have major problems with was the dieting section. Elizabeth talks about how good it is to treat your body well from dieting, to exercise, to watching how you think. I completely agree with this. However, in this section there is also a list of 25 things that she does for her diet to completely strike sugar from her diet. The list was frightening at the first 5 so someone that includes sugar in their diet might be completely overwhelmed by the end of this list. She has completely taken sugar out of her diet in ALL forms. From cookies and soda to not drinking coffee or adding sugar to her cereal in the morning. No white sugars in the forms of carbs, rice, potatoes, bread, etc... I think I eat pretty healthy and reading this list had ME freaking out.

So... all in all I think where there was a disconnect (for me) was that there wasn't a fully extended idea on how to incorporate these fabulous ideas into someone's life. A lot of these ideas are not new but telling someone that they should be excited about life and motivated to do the things they've always wanted to do does not help them put that motivation into practice.

**** Edit ****

I have been able to incorporate the "NO" chapter into my life with amazing results. I do not feel overwhelmed and I haven't been guilted into doing things I do not want to do. Because of that this 2 star review is changed to a 3!!

Julie Connor says

"Percolate helps you to never give up on living your best life every day," writes Elizabeth Hamilton-Guarino. In this delightful book, she provides practical advice, encouragement that flows from understanding and compassion deeply rooted in her life experiences, and joyous tips that will help you celebrate your life with joy. "Can you taste the magic as you bring the authentic, best you to the world?" she asks? Yes, Elizabeth, indeed I can. Thank you for brewing up this delicious resource!

Donna Wieland says

Elizabeth Guarino's personal insights and easily read style come together beautifully as she shares her passion and experience with others. You will find thought provoking insights and inspirational methods that will help you on the path to the best ever you. There are many favorites in the book, but one I particularly

liked is the chapter "Stuck in Hamster Mode". Who hasn't been there or still there? Whether busy with your everyday routine or feeling just plain stuck, Percolate gives you some great ideas to lead you to a more positive place in your life journey.

Not only do I recommend this book, but I would also suggest you keep this on the shelf nearby so you can flip through the pages often for a double shot of inspiration as you look to brew a stronger cup of life.

Thomas Whaley says

I LOVE COFFEE.....but not as much as I loved reading PERCOLATE! Seriously, I think every time I drink another cup, the bold aroma of this self-help book will be lingering around me every time I take a sip. Elizabeth Hamilton-Guarino challenges readers to take a bold look at their lives and decide if there are ways to make it a richer...mind, body and spirit! "Be Joyful", "Be Loving", "Be Inspired" - Throughout the book, Elizabeth gives you the motivation to be better, asking you to evaluate all aspects of your life and see if there is room for positive change. As I read along, the one word that kept coming to mind was "encouragement". Do we encourage others to be better? Do we encourage ourselves enough? Are there ways to initiate it without trying? One of the things I really enjoyed were the therapy sessions (and mind you, we ALL need them) with the author and Dr. Katie...I found myself reevaluating many dusty areas of my own life, realizing that there was a better "me" somewhere underneath all that build-up. PERCOLATE is not just a one-time-read, but one you keep in the top drawer of your desk, inside your travel bag, or on that part of your bookshelf you visit frequently. Anyone can use this as a personal reference to "reboot" every so often. I am so grateful to have stumbled across Elizabeth and her debut novel. Everyone should keep their copy and pay it forward to their closest friends and family! BRAVO! It was exactly what Ben Quinn needed...

Stephanie says

Original Post: <http://fangswandsandfairydust.com/201...>

In 2009, I met my friend Elizabeth Hamilton-Guarino. Elizabeth is a former Mrs. Maine and probably the most genuinely positive person I know. Around the time we met, she started the Best Ever You website, network and universe. I write critical but civil reviews of friends' writings as well as those of people I have never communicated with. So, when I unreservedly say something is good and that I think it is worth your time and money, I mean it.

Elizabeth has had some big time struggles and big time joys: four boys, divorce, remarriage to a super guy, life threatening illness, serious family illnesses, modeling and acting, speaking, running a company (BestEverYou.com). Yet, in all the time I've known her she's been bubbly, gregarious, and full of energy. Oh yeah, she's gorgeous too.

Now, on top of all of that she's written a book, PERCOLATE: Let Your Best Self Filter Through. Maybe her life works so well because she is not afraid to try new things and she doesn't insist that she is perfect. In fact, this is the most unusually voiced, and possibly the best, self-help book I have ever read. From the beginning, Elizabeth sounds so real in her writing. She doesn't mince words and she tells it like it is. Being positive

doesn't mean you don't have issues: no one's life is all kittens and rainbows. This passage especially spoke to me as I was about to make an appointment for some botox:

Age sometimes chisels away at your confidence. Wrinkles appear, bustlines lower, thighs bubble, and body parts hurt When you're younger there is a different type of deterioration of your self-confidence. I may be from a rejection, or many rejections, or maybe it's someone's comment that lingers in your head leaving you feeling awkward or embarrassed.

Until PERCOLATE I had never seen a self-help book where the writer admitted to letting those comments bug her. Usually I hear, "don't take it personally, : which marginalizes my feelings and makes me feel even worse, not only am I criticized my the person who commented in the first place, I have even failed some type of test of emotional strength by "letting it get to me." or "taking it personally."

I immediately wanted to read on.

Like the best self-help books, PERCOLATE isn't too long. The philosophy is simple and easy to understand and set forth with a coffee analogy. No one out there likes coffee, right?

I know a lot of us are struggling with all kinds of issues, so is Elizabeth. It's worth a look to see how she makes it work and how she turns adversity into a force that moves her forward.

Stephanie Sorkin says

I absolutely love this book! The author does an incredible job speaking to the reader in a relatable voice, rather than sounding preachy. After reading about what the author has been through, I was thoroughly impressed with her courage and willingness to keep going. As the reader, I felt compelled to keep reading...looking forward to each chapter. This book is very unique, humorous and a must read!

Susan Day says

Normally, I only review children's books but I decided to review Percolate on my blog because I think that all people from children to parents to grandparents can learn from it. With a bit of imagination you can adapt the ideas in this book for the children in your life whether they are at home or the classroom.

It's a great book about self-discovery. I was hooked from the start. I'm always one to be looking for answers to the big questions. As well, I am always looking for ways to improve my lot in life. It was for these reasons I picked this book up.

To begin the book asks the reader to address these important questions:

What footprints am I leaving? Am I making the world a better place? In what ways? If not, what's holding me back? How am I living my day-to-day life? How do I feel most days? Are there people in my life who have my back, and vice versa?

They don't seem particularly difficult but on closer inspection the author is really making us think and reflect about who we are and what we are doing. I loved Elizabeth's Alphabet for Life.

The language is approachable and easy. There are some very moving moments and so very funny ones too! It's as if the author is sitting with you chatting about self-improvement. This makes the whole book easy to read and much easier to digest.

It's about having a positive attitude towards your life. There are a set of Percolate Principles which are presented to us. They are active and forceful. They are meant to change the way we think so that we can become empowered and our lives full of joy.

I am joining the percolate project with crayons in hand. Grab a copy of this book, join me and change your life.

Join me for more great books: <http://www.susandayauthor.com>

Laura says

Let me just say I'm late to reviewing this book and I'm sorry about that..There is reasons behind this but this isn't the place to detail why.

So without further delay...

When this book arrived in my hands I firstly noticed the compact size and the texture of the book and then what the cover looked like. While I already knew what the cover looked like I felt it looked even better IRL! There is an awesomely chatty feel about this book and references to COFFEE, what's not to love?

I'm not usually a person who goes for self-help books after reading a few that felt like were "shouting" at me rather than giving good advice. This book DOESN'T do that in the slightest and I felt compelled to keep turning the pages. Having the author tell you about her life experiences and then using them, you can make yourself start to question things too!

I did indulge in a few coffee's while reading the book.

D Ellis Phelps says

If you need a cheer-leader in your clan, this author is the one for you!

If you think you have endured life circumstances that entitle you to an eternal pity-party, this author will talk you out of that nonsense lickety-split.

If you suffer from self-doubt this author's authenticity and experiences will give you confidence.

If you are at the intersection of down and out and have no idea which way is up, this author's nine point plan will give you a leg up.

This book is not fast food, it is instead a serving of slow-cooked pot-roast with hearty vegetables that will continue to nourish you well long after you've left the table.

Get a blank journal. Find a comfy chair. Get ready to consider some tough questions and viable suggestions for becoming the "Best Brew of You."
