

## The Change Guidebook

How to Align Your Heart, Truths, and Energy to Find Success in All Areas of Your Life

by Elizabeth Hamilton-Guarino



Non-Fiction - Inspirational

224 Pages

Reviewed on 11/27/2024

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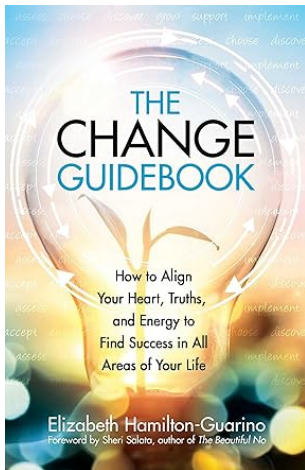
## Book Review



### Reviewed by Doreen Chombu for Readers' Favorite

The Change Guidebook by Elizabeth Hamilton-Guarino is a comprehensive self-help resource designed to empower readers to make meaningful changes in their lives. It presents a structured ten-point framework that includes assessment, choice, discovery, growth, support, implementation, acceptance, engagement, mastery, and impact. This framework helps readers achieve changes that resonate and align with their heart, truth, and energy. The book emphasizes the importance of self-reflection and awareness, making informed choices, taking action toward personal goals, and fostering resilience through supportive networks. It also encourages giving back to the community, enriching the world, and perpetuating a cycle of positive change. The journey of transformation may be gradual, requiring patience and commitment. The ten points outlined in the book provide a clear roadmap to help you stay on track and become your best self.

The Change Guidebook offers an inspiring approach to personal growth and transformation. It addresses themes of forgiveness, gratitude, humility, and patience. Unlike other self-help guides that focus solely on personal success and improvement, this book highlights the interconnectedness of individual growth and community impact. It emphasizes that making meaningful changes in your own life can positively affect your family, friends, and even strangers you might meet in a grocery store. The book is well-structured, with each alignment presenting specific points of change, making it easy to follow and comprehend. Elizabeth Hamilton-Guarino shares heartwarming stories of resilience and empowerment, detailing her own struggles and growth, as well as stories from family members and clients she has encountered on her journey. These relatable anecdotes help readers apply the lessons and concepts of the ten-point framework to their own lives. Finally, the book includes exercises that encourage readers to think, write, talk, and take action. The time is now to take steps toward being the best person you can be, not only for yourself but also for your loved ones and your community, and make the change that you wish to see in the world.



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## Author Biography



Elizabeth Hamilton-Guarino is the founder of The Best Ever You Network and co-founder of Compliance4. Through these companies, she has helped individuals and organizations around the world be their best and achieve world-class excellence with gratitude-based behavior and belief systems. She is one of America's foremost personal and corporate development consultants specializing in mindset, strategy, leadership, and taking action.

Elizabeth is also the author of the award-winning personal development book PERCOLATE - Let Your Best Self Filter Through (Hay House) and multiple children's books as a contributor and author. Elizabeth and her husband live in Maine with their four sons and three rescued cats.