

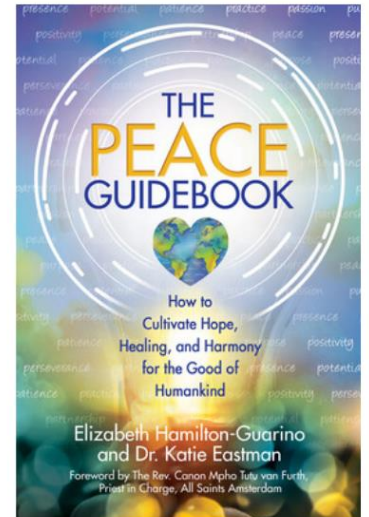
THE PEACE GUIDEBOOK

In a world that often feels divided, noisy, and uncertain, *The Peace Guidebook* is a soul-stirring invitation to return to what truly matters: a quieted soul, a love that reaches outward, and a life guided by collective compassion. This is more than a book - it's a call to action. A blueprint for change. A spark for a global peace movement.

Rooted in authors Elizabeth Hamilton-Guarino's and Dr. Katie Eastman's decades of work helping people through grief, change, and transition, and inspired by the Percolate Peace Project, the book delivers Ten Principles of Peace that will help you:

- Heal what's unresolved within you
- Navigate conflict with courage and grace
- Create partnerships rooted in values and vision
- Lead from love, even when the world forgets how
- Build real, resilient, peace-filled communities

With practical tools for real transformation, including reflective prompts, authentic stories, and accessible daily practices, *The Peace Guidebook* becomes more than just a read. It's your steady companion, a well of wisdom you'll return to again and again as you uncover your most peaceful, purpose-driven self.



ELIZABETH HAMILTON-GUARINO

Elizabeth Hamilton-Guarino is one of the world's leading voices in personal development and peaceful leadership, inspiring a global movement toward authenticity, compassion, and change. She is a bestselling and award-winning author, certified Master Coach, and cofounder of BEST EVER YOU NETWORK, a global multimedia platform reaching millions. For over two decades, she has helped individuals, teams, and organizations navigate change and cultivate resilience through her compassionate and practical approach to transformation.

The author of several acclaimed books, Elizabeth's work redefines change, success, and peace as daily practices rooted in awareness, aligned action, and shared humanity. With a degree in journalism from St. Ambrose University and leadership studies at Harvard Business School, Elizabeth brings both professional depth and lived experience to her work.



DR. KATIE EASTMAN

Dr. Katie Eastman is an internationally acclaimed grief and change expert, licensed therapist, Master Grief Coach, cofounder of Re-Create Coaching and Counseling, and contributing cofounder to BEST EVER YOU NETWORK. With over four decades of experience guiding individuals, families, organizations, and communities through life's most complex transitions, Dr. Katie Eastman is recognized globally for her unwavering presence, emotional depth, and ability to transform heartbreak into healing.

As a speaker, coach, and consultant, Dr. Katie has impacted thousands around the world through her masterful teachings on anticipatory grief, emotional resilience, compassionate leadership, and the psychology of transformation. She is also a passionate voice in the global peace movement, reminding us that peaceful living is not the absence of pain, but the presence of love, self-trust, and human connection.



TEN PRINCIPLES OF PEACE

- Peace as a Practice, Not a Personality Trait
- A Structured, Teachable Framework
- Rooted in Real Life, Not Perfection
- Multi-Voice, Community-Centered Wisdom
- Bridging Inner Peace and Social Impact
- Accessible Without Being Simplistic
- Designed for Application and Longevity
- Part of a Larger Movement
- A Distinctive, Authoritative Voice
- Timely and Culturally Necessary

CONTACT

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