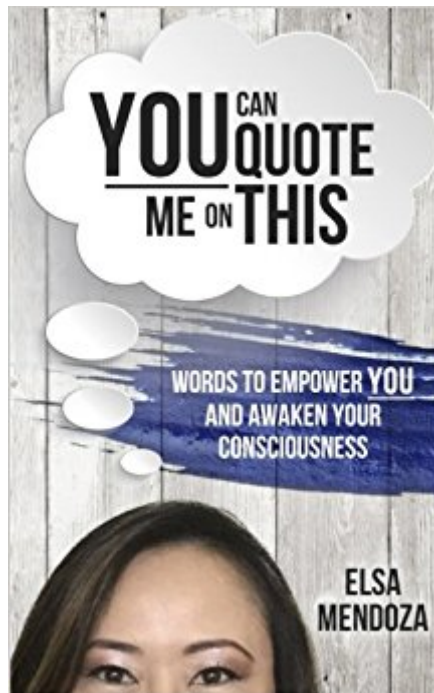




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You Can Quote Me On This: Words To Empower You And Awaken Your Consciousness



Synopsis

You Can Quote Me On This: Words To Empower You And Awaken Your Consciousness We are people of power, peace, joy, and love! Don't like your life story? Change It! **THIS IS NOT JUST YOUR ORDINARY COMPILATION OF QUOTES.** You Can Quote Me On This is written based on the life experiences, insights, and observations of the author in the form of originally written quotes and words of wisdom. A beautifully written book of quotes that will uplift you, awaken your consciousness, empower your true self, challenge your thoughts and beliefs, keep you motivated and inspire you to change your perspective in life. You Can Quote Me On This is a good companion and reference book to use. For each quote, there are comments and backstories to further understand the message it is trying to convey. Use this book to transform your life and make a better version of yourself. **What You Will Get From The Book:** *100 plus originally written quotes *Stories, insights, observations on how each quote came about *Motivational, inspirational, thought-provoking information *A new mindset A GREAT GIFT for your someone special, your friends and family, or perhaps your client, or simply a giveaway.

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Customer Reviews

"Elsa has written and compiled the ideal set of original quotations (and their backstories) with the intention of empowering her readers and awakening their consciousness. Mission Accomplished! This is perfect for casual reading or if you're looking to think deeply and seeking enlightenment. As a personal coach or as an author, she's an

inspiration." - Jim Molinelli, PhD - Bestselling Author of "Remodel Without Going Bonkers or Broke" *****Elegant and Beautiful. For me, it not only awoken, but activated..."An invitation to spend a few minutes every day (or all at once) enveloped in quotes and back stories that uplift and inspire. As I read this book it seemed to me like a modern day Book of Psalms. It started out as a gentle soft rain and began to inspire and push my thoughts like distant thunder... sometimes hitting quite close to home. Stirring and motivating. "You Can Quote me on This" - You Can Quote Me On This: Words To Empower You and Awaken Your Consciousness - sure lived up to its sub-title: "words to Empower YOU and Awaken Your Consciousness" ... the prose is elegant and beautiful; for me, it not only awoken, but activated." - Randall Thompson - Business Coach and Mentor of MillionaireJam.com *****Thoughts to magnetize you! This is not your average book of quotes. It's a spiritual book in quote form. A very interesting and effective choice. The short vignettes build momentum and keep you moving through this dynamic and energetic book. The author's presence closely accompanies the telling. I feel like she is talking directly to me. It's a very personal voice. Despite the fact that I just discovered this book, and never before encountered the author's ideas, these quotes and commentary, resonate so closely with my own recently published book that I could have very easily included these quotes to illustrate my ideas. Bottom line: if you need inspiration, positive vibes, and energy with which to align yourself, pick this up now! And this needs to be an audiobook. It would be excellent listening while driving. - Elizabeth Renee (Founder and Owner at Black Hills Center for HEALing & The Advancement of Psychotherapy & Author of Being Luminous. Feed Your Hungry Ghost: From Mindfulness to Freedom from Your False Self)"One of the loveliest books of inspiring quotes..."...and you can quote ME on this. This is, quite simply, one of the loveliest books of inspiring quotes I have had the pleasure of reading. It is simple yet wise, and written from the heart. It doesn't preach or lecture, but humbly using examples from her life Elsa Mendoza has shown us the wisdom she has gained and made it accessible to us, her readers, with true generosity of spirit. I promise, you will love this book." - Dr Denise A Nisbet, Ph.D (Author of This Eternal Journey Reflections on Love, Pain, Mysteries and The Whole Damn Thing, a Former psychologist, career counsellor and librarian) *****Quotes that will Inspire your Life!!! Elsa Mendoza has hit it out of the park on this book! The author offers quotes, inspiration really, then adds in a life lesson to help the reader apply each quote for a deeper understanding of themselves. For instance, in Quote #4 - she talks about "Everything about you is

beautiful. Believe, know and remember this." Then she uses this empowering quote to share about how each of us is created in God's image, and how that gives us the assurance that we were not created by an accident. I also appreciated quote #8, where the author said "In our lowest moments, we find our true power self." Many of us go through devastating circumstances, and wonder why we are even here after it's over. But in our lowest moments, this is where our true self shines through. I also liked quote #63 "Everything heals. Today is the day." As a Certified Health Coach/Author/Blogger - I believe that the body is made to heal itself - if we give it the proper tools to do so. Thank you Else, for this inspiring book! I highly recommend it to others. -Ã Â Kandi Johnson (Certified Health Coach at Brio Health Coaching and Author of Healing AnorexiaÃ Â Learning Acceptance by Embracing God's Love)*****Uplifting and inspirational quotes!"...Great book full of wonderful uplifting and inspirational quotes. A great way to kickstart the morning. Ã Â Really great quotes that uplift and even challenge the reader."Ã Â -Bento Leal (Relationship Skills Trainer & Best-Selling Author of "4 Essential Keys to Effective Communication")*****The ESSENTIAL handbook for LIVING your LIFE to the FULLEST!! thought I was buying a book of quotes, but this is truly much, much more.It all starts with you. It all starts with loving yourself, self-reliance and forgiveness. I truly believe if the people of the world would read this book, they would learn to be happy, accept others and their opinions, and enjoy the ride.Ã Â I will make this my companion guide for when I am feeling down, but also when I am happy and grateful.Ã Â I love the use of the acronym S.M.I.L.E. I will always remember that.Do yourself a favor, and equip yourself with this tool to help you live a fulfilling life! - Ray Brehm (Author at Dauntless Prose and of several books: The Author Start Up, High Performance Paperback,The Perpetual Passive Income Machine,Track Your Success, Author Your Success and so much more)

Elsa Mendoza is a Certified Community Life Coach who has a passion for uplifting, empowering, encouraging, motivating, inspiring and helping others to find their passion in life. She helps people identify their strengths and potentials, and rewire their thinking for a better life and relationship to self and others. She believes in the power of positivity and the laws of the universe. Her motivation in doing so is her survival from a harsh family environment during her childhood until her early 20's and overcoming a rare disease that almost took her life. Elsa is well-traveled, has lived in three countries and has interacted with several nationalities, been exposed to different lifestyles, cultures and religions, and has seen what humanity has to offer, thus her inspirations for writing this

book. Elsa holds a Masters Degree in International Business where she has helped small companies thrive by coaching owners on operations and sales development. In her free time, she volunteers at Long Beach Rescue Mission, PAWS LA and Meals On Wheels. Like most of us, she enjoys reading, watching concerts, and traveling with her husband. You can find out more about her at changecreateevolve.com twitter.com/Lsavm facebook.com/elsasvmendoza pinterest.com/elsav_mendoza/boards/ goodreads.com/book/show/35418924-you-can-quote-me-on-this

Elsa Mendoza has hit it out of the park on this book! The author offers quotes, inspiration really, then adds in a life lesson to help the reader apply each quote for a deeper understanding of themselves. For instance, in Quote #4 - she talks about "Everything about you is beautiful. Believe, know and remember this." Then she uses this empowering quote to share about how each of us is created in God's image, and how that gives us the assurance that we were not created by an accident. I also appreciated quote #8, where the author said "In our lowest moments, we find our true power self." Many of us go through devastating circumstances, and wonder why we are even here after it's over. But in our lowest moments, this is where our true self shines through. I also liked quote #63 "Everything heals. Today is the day." As a Certified Health Coach/Author/Blogger - I believe that the body is made to heal itself - if we give it the proper tools to do so. Thank you Else, for this inspiring book! I highly recommend it to others.

An invitation to spend a few minutes every day (or all at once) enveloped in quotes and back stories that uplift and inspire. As I read this book it seemed to me like a modern day Book of Psalms. It started out as a gentle soft rain and began to inspire and push my thoughts like distant thunder... sometimes hitting quite close to home. Stirring and motivating. "You Can Quote me on This" - You Can Quote Me On This: Words To Empower You and Awaken Your Consciousness - sure lived up to its sub-title: "words to Empower YOU and Awaken Your Consciousness" ... the prose is elegant and beautiful; for me, it not only awaken, but activated.

I thought I was buying a book of quotes, but this is truly much, much more. It all starts with you. It all starts with loving yourself, self-reliance and forgiveness. I truly believe if the people of the world would read this book, they would learn to be happy, accept others and their opinions, and enjoy the ride. I will make this my companion guide for when I am feeling down, but also when I am happy and grateful. I love the use of the acronym S.M.I.L.E. I will always remember that. Do yourself a favor, and equip yourself with this tool to help you live a fulfilling life!

Who doesn't like quotes, right? That's why we see them everywhere. Quotes make you feel something - feel better, feel thoughtful, feel spiritual, This book is not a book of quotes from other people - these are original thoughts from the author, along with short stories, questions, or personal thoughts and descriptions that make them personal, and that help the reader personally relate. Easy one-sitting read, or also something that could be picked up for a few minutes at a time on a daily basis.

This collection of original quotations (all of which include a brief backstory) will inspire, uplift, motivate and inspire you. I couldn't put it down, and I read the entire book in a single sitting! I return to it often to find the perfect quotes to help me focus on the right thought or ideal mindset for any particular application. This is a dynamite resource to keep you positive and productive! And... You Can Quote Me on This!

What an amazing book! I fell in love with this book as soon as I opened it. Elsa's words are filled with hope. A peace will settle over you as you read these words. This book is a must have!

You can feel Elsa's warmth and hospitable spirit on every page. It's obvious she cares deeply about her readers and their success in life. One thing I especially appreciate in this book is her frequent questions at the end of the quote and her thought, as they draw in and engage the reader. Read this one with a friend, get a cuppa comfort, and let Elsa's inspirations and questions invoke meaningful conversation.

I LOVE quotes!! This book is right up my alley! The author did an amazing job of bringing life to these quotes. I will definitely be picking up this book often to lift my spirits. Just flip to any page. Inspiration is waiting!!

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