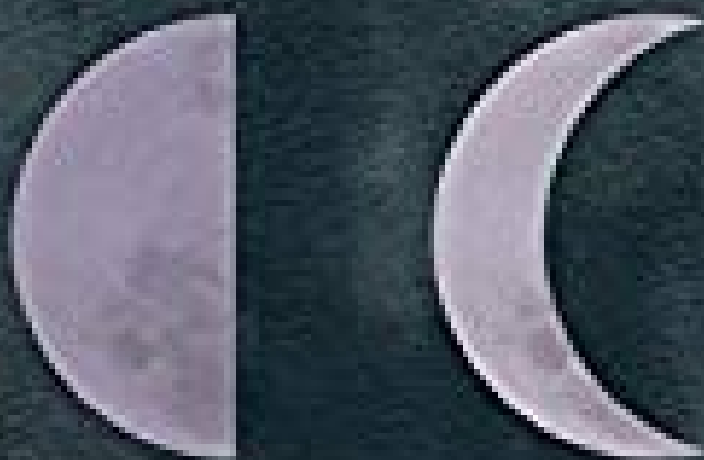


# Lunar Abundance



CULTIVATING JOY, PEACE, AND PURPOSE  
USING THE PHASES OF THE MOON



*Ezzie  
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Ezzie Spencer

# Lunar Abundance: Cultivating Joy, Peace, and Purpose Using the Phases of the Moon



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Lunar Abundance is normally a beautiful and practical guide for today's women on cultivating peace, purpose, and abundance in both their personal and professional lives, guided by the phases of the moon. It shows how by tuning into the organic rhythm of lunar ebbs and flows, you can connect to work, relationships, your body, and environment on an increased level than ever before, becoming more effective and self-aware in the process. In a world in which ladies feel increasingly disconnected—from their inner selves, each other, and the world, Lunar Abundance offers a path to reconnection, with results that you could actually see. This gorgeous book is ideal for any female searching for holistic wellness and unique inspiration to feed brain, body, and soul. Filled up with inspirational picture taking and interactive features, it's also a practical guideline to self-care that may help you summon your true potential and create an improved life for you and for all those in your orbit.



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. I really like her explanations and writing style. I read a whole lot of self-help and personal development books and it has been a while since I have run into something so unique and inspiring.)! You won't be disappointed What a great publication. over (not at all a read one-period & Ezzie is rolling out a magical program, which she's coined Lunar Abundance. The book is divided into 8 chapters with each chapter focusing on one moon phase.. She also offers great exercises to deepen our link with each lunar phase. This book is an awful resource for studying the moon, lunar phases and how it could enrich your life. On my sisters gift list. I have never had anyone explain the moon phases that can compare with Ezzie. I'm 54 and I love this!. I am 54 years old and this is my first "moon work" .. It is filled with fluff images, huge complete or double page pass on quotes, and the author repeats herself again and again. I am already seeing shifts and insights that previously eluded me. Ensuring self treatment and introspection!!!.. This book is a treasure!doing mode and I was actually afraid of the "being" aspect of life -- since that treaded so close to the dreaded "lazy" label We determined with from childhood. includes a whole lot of insight. It's beautiful and extremely well written - a reference that I already treasure!! LOVE this book STUNNING publication inside and out.! I began reading, skimmed through most of the remaining book looking for some glimmer of hope that could make me desire to keep it. The explanations on how to use the moon cycles & She's a wonderful way with her terms. For a lifetime so far, I've been in a sort of frantic "move go go" . This content is vague and, frankly way over my head. This book is crucial for anybody who loves or is learning to utilize the moon phases & I did so not really understand what the author was actually trying to "teach" me. This is something I will be reading & manifest abundance in their lives. referencing over &! forget about it book! Great book! Fantastic book! personal tales from Ezzie Spencer herself will continue to be gorgeous reminders for me when I lose myself or get off track. Definitely have a look at her website aswell (discovered Ezzie Spencer's site when I was searching for some lunar transit calendars online; I've under no circumstances felt so in tune with the natural rhythms around me as I am at this time. and how to use these energies to provide more pleasure and abundance into your daily life If you are interested in learning about the 8 phases of the moon and how to use these energies to bring more pleasure and abundance into your life, this is the book for you! Sister loves all things Moon related and she picked this book out for herself.). The explanations on how best to use the moon cycles & Was recommended and today I would recommend it to everyone who works together with the moon or desires to! Beautiful, inspiring and absolutely exclusive! I absolutely loved this book!. It's gorgeously performed & I really like so many of the the ideas in this book - the theory that we should accept and encourage the organic ebb and circulation of our energy and emotions, that we should make an effort to stability our 'performing' selves with our 'being' selves, and that we should actively take time to rest and rejuvenate among periods of activity and accomplishment. For me personally, this book was a perfect blend of scientific evidence and intuitive wisdom, of practical information and earth magic, and the allure of the moon hasn't been greater. Refreshing Author provides refreshing viewpoint of using the moon cycles while a natural clock to add more balance into your daily life. The author also has an incredible website with tons of resources! personal stories from Ezzie Spencer herself will still be gorgeous reminders for me when I drop myself or obtain . I'd recommend a pen and paper to possess handy to create notes.! The paper is beautiful to see and touch, it's great quality, and it feels great in hand. The sections on ways to celebrate and acknowledge the many cycles of the moon are amazing, and really help visitors to become more mindful of the moon, and integrate simple and meaningful traditions. Filled with fluff,

terrible read. The artwork, design and photography is absolutely gorgeous and a feast for the eyes.. The actual "information" in the book might have been distilled right down to one chapter. The cover and some illustrations are pretty, but there is so little actual information, in fact it is therefore hard to read I am returning this immediately. Returned This is among the very few books I have ever returned in my own entire life (and I buy and collect A LOT of books). This publication is by no means shape or form for the beginner seeking to find out about the Moon and all its "abundance".. transits to help make changes, create growth, &! Hardly ever found it. I highly recommend Moon Magic by Diane Ahlquist for the beginner who is searching for a cement, informative, and helpful publication about the Moon and all she's to offer.! I love the idea of living even more in tune with the earth's natural rhythms and Ezzie's practice of tracking the moon's cycles is an excellent method of doing this. If you're looking for an incredible way to bring more peace and balance into your daily life - get this book - you will not be sorry. Recommend for fellow moon lovers Weird sticker on back? Book is beautiful without the big sticker on the trunk of the book that says 'sold while set'. But most of all, the content is definitely deep and profound. 5?? completely! Excellent I love following moon's cycles with this book. she provides an awesome FREE one! Beautiful! Love this book! It's so beautiful and very thoughtfully written!



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