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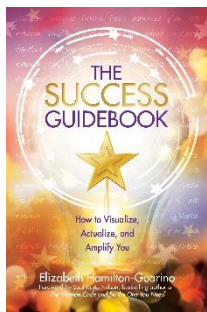
FOR IMMEDIATE RELEASE

Visualize and Actualize Success on a Personal and Professional Level

“This is a must-read for all to pursue a life that resonates with your genuine happiness while dismantling the obstacles that have been holding you back.”

—**Jack Canfield**, coauthor of the #1 *New York Times* bestselling *Chicken Soup for the Soul* series and *The Success Principles: How to Get from Where You Are to Where You Want to Be*

Portland, ME, April 23, 2024 — Author Elizabeth Hamilton-Guarino, master life coach and founder of The Best Ever You Network has long espoused that we must redefine success for our authentic selves—a one-size fits-all-concept is not only outdated but unworkable. Success is so much more than data or the dollars in our bank account.



True success is reflected in the smiles that brighten our faces and the peace that settles in our hearts. It's the gratitude we seek in all things and the intention and actions being our very best in each moment.

In her newest book, *The Success Guidebook*, readers will find inspiration, motivation, and a pathway to live their best, most fulfilling life. Your breakthrough to your best success happens when reality intersects with infinite possibilities. When this happens in our real lives, the stars align. It's time to redefine success for yourself personally and to pursue the life you want by also giving thought and attention comprehensively to various areas of your life, such as health or relationships, which suffer when attention is paid in such a focused manner to another area in the pursuit of “success.”

“I believe traditional measurements for success are unrealistic and largely unattainable,” says Hamilton-Guarino. “This disconnect has created multiple issues on many fronts. Success isn't one size fits all. We need a new way forward: a new definition of success that is individualized. Imagine taking an express route to excellence and success by learning the art of comprehensive and well-rounded success. Here you have your best awareness for excelling in all areas of your life at a world-class level.”

By implementing Elizabeth's unique Ten Factors of Success—the behaviors consistently exhibited by people who stand out and behave with world-class excellence—readers will learn how to finally overcome the stubborn obstacles that have stood in their way and harness the power to move forward with clarity, a renewed purpose, and the personalized confidence to build a life of bold, brave, and infinite possibilities.

Included are profiles of 20 people who exemplify these principles. Here's the secret: You don't need to be on a national or international platform to be world-class. You can

have it right in your own home, to be and feel successful in each and every moment of your life. This book will help you learn how to tap into world-class behaviors and get the results you desire—at last.

About the Author



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 books *The Change Guidebook: How to Align Your Heart, Truths, and Energy to Find Success in All Areas of Your Life* (HCI) and *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. Visit her website at besteveryou.com/successguidebook and press page elizabethguarino.com/pressandpraise.

The Success Guidebook

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**Media Questions for *The Success Guidebook*
by Elizabeth Hamilton-Guarino**

1. What is *The Success Guidebook* about?
2. Why did you write this book?
3. Tell us why a guidebook on success is so needed right now. What are 2 of the Ten Factors of Success that are in the book?
4. In your book, you suggest that we need to redefine success. Can you tell us more about this?
5. Tell us about the contributors.
6. What does comprehensive success mean?
7. What is your favorite chapter in the book?
8. Do you have any advice for anyone trying to obtain success on a personal and/or professional level?
9. You wrote *The Change Guidebook* also, how are the two books related?
10. You've helped thousands across the globe be their best through The Best Ever You Network. Can you tell us more about this?