

# MEDIA RELEASE

## LETTERS FROM YOU TO YOU : AWAKEN YOUR POWER THROUGH CONVERSATIONS WITH YOUR HIGHER SELF

August 4, 2024, Ottawa, Ontario (Canada)

**ENTREPRENEUR, PUBLISHED AUTHOR - ELLIE LALIBERTÉ TALKS ABOUT THE CHALLENGES AND THE BEAUTY IN REMEMBERING ONE'S AUTHENTIC SELF.**

On a frosty winter morning, **December 23rd 2023**, Ellie had woken up with the conviction that she would get back to meditating in silence for at least 1 hour a day, for the next two weeks. Alone in a beautiful home she was renting at the time, she felt she needed to isolate herself and be as still as she could be.

As she sat down in front of incredible mountains she practically had in the backyard, a reminder of how life was bigger than her circumstances and a deep surrendering was taking place within her. Even though Ellie had the firm intention to not do much for the next couple of days, her life had other plans. Plans that would change the course of her life, little did she know.



**The beautiful mountains that would take your breath away every time you drove up her street.**

While in the midst of the meditation, she had a clear insight from a place she knew did not come from her thinking mind:

***"You have a second book to write. The title is Letters From You to You and you will be writing letters from your inner being instead of chapters."***

Ellie then knew her two weeks would be filled with much creativity and inspiration. As she sat down that same morning to start writing, she could not believe that she had a second book in her. She had always struggled writing a second one because she could never find

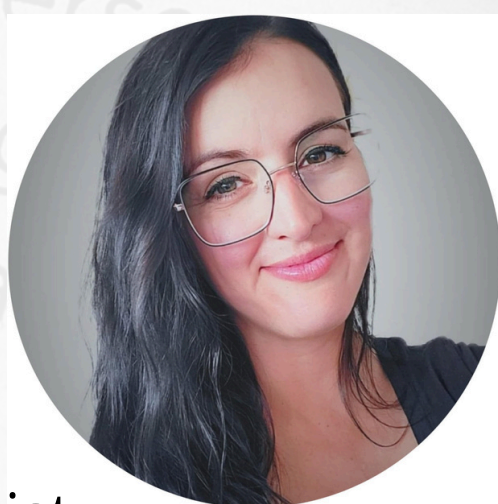
an ending. This time around, she did not even see the beginning. But that excited her. After years of intense emotional healing, her life led her to have enough space and stillness within her to receive such a transformational book.

**Letters From You to You**, will be available on Amazon on **August 6, 2024**. The book is composed of 21 letters written from the perspective of your inner being.

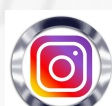
*"This direct but very compassionate approach, leaves the reader with a more intimate experience to remember the truth of who they are and have always been. The book is about YOU."* Ellie explained.

Not your typical self-development book, it is unique in its genre and almost poetic at times from the flow and rhythm of the refreshing wisdom of an old soul.

## Meet Ellie Laliberté



Ellie, 37 years old, is an artist, an entrepreneur and Canadian Published Author. From an early age, she knew she was different and would do everything in her power to discover the truth of her being. Writing has always been a passion, as it was her way of expressing herself fully. Writing songs, journaling or romantic letters, it was her number one therapy and still is to this day. Now her writings feel bigger than herself, and she's committed to help the collective rise to a higher frequency.



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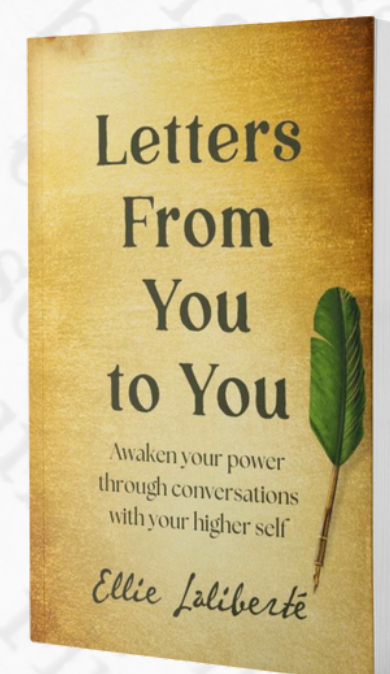
If you are ready to discover a higher part of you that is always wanting to come through you, and listen to what needs to be seen and healed within you, this book will give you back your power in ways that may surprise you, trigger you and hold you in great compassion and self-love.

**LETTERS FROM YOU TO YOU : AWAKEN YOUR POWER THROUGH CONVERSATIONS WITH YOUR HIGHER SELF** was published by Lucky Book Publishing – a company dedicated to helping authors tell their stories and providing guidance every step of the way.



## Get Your Copy

Available on  
Amazon  
August 6, 2024



*In a world where the pace of life often leaves little room for introspection, Ellie offers a sanctuary of self-discovery in her transformative book, Letters From You to You.*

• **Danielle C Baker - RECE, Author**

*Compassionate, wise and loving, this is a must-read book for anyone who is seeking a deeper, richer understanding of life, love, growth and expansion.*

• **Teri Kingston - TEDx Speaker Tedx Coach Author of Get Ready for TED when TED is Ready for YOU**