



# THE ESSENTIAL ADVANTAGE Bringing the True You to Life™

Uncover the guaranteed path to success, joy, creativity and love.

The True You is your untapped success super power, longing to express itself, to create meaning and value, to share its gifts.

Every person already has this unique advantage. Once reclaimed and unleashed, the True You boosts creativity, engagement, meaning, contribution, productivity, innovation, and retention.

Lay the foundation for your group with “The Essential Advantage—Bringing the True You to Life.” Go deeper with customized True You Essentials Workshops for your group.

## TrueYou *essentials*

**TRUEYOU**  
*essentials*

**The Art and Science of Good Energy**

THERE IS NO NEUTRAL EFFECT

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**TRUEYOU**  
*essentials*

**De-Stress? Yes!**

5 LEVERAGE POINTS TO LASTING FREEDOM

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**TRUEYOU**  
*essentials*

**Whole-Being Well-Being**

A HEALTHIER, HAPPIER, HOTTER YOU, NATURALLY

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**TRUEYOU**  
*essentials*

**One Perfect Day**

CREATE THE LIFE YOU LONG FOR, ONE DAY AT A TIME

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**TRUEYOU**  
*essentials*

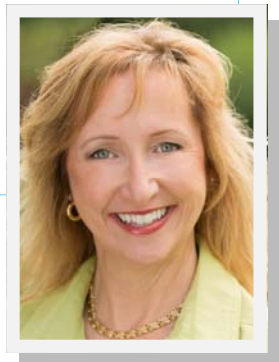
**Finding Your Why**

UNCOVERING AND LIVING YOUR LIFE MISSION

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**Trust Liz to inspire your group toward greater health, wealth and happiness!**

Holistic wellness coach and clinical aromatherapist, Liz Garrett, is changing lives with creative, reality-based programs designed to meet the goals and needs of busy people.



**Liz Garrett**  
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*find out more!*