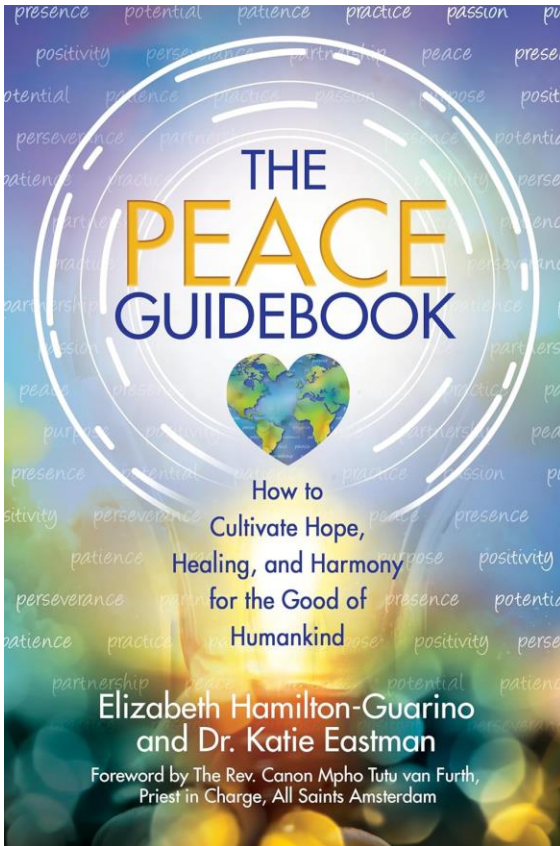


The Peace Guidebook: How to Cultivate Hope, Healing, and Harmony for the Good of Humankind (The Guidebook Series)

(As seen on Fox5DC and Fox Carolina AM)



As an extension of the global movement The Percolate Peace Project, The Peace Guidebook offers a practical, transformative roadmap for individuals, leaders, and organizations seeking to cultivate personal and collective peace, while also creating positive change in the world.

In a world that often feels divided, noisy, and uncertain, *The Peace Guidebook* is a soul-stirring invitation to return to what truly matters: a quieted soul, a love that reaches outward, and a life guided by collective compassion. This is more than a book—it's a call to action. A blueprint for change. A spark for a global peace movement.

Rooted in authors Elizabeth Hamilton-Guarino's and Dr. Katie Eastman's decades of work helping people through grief, change, and transition, and inspired

by the Percolate Peace Project, the book delivers Ten Principles of Peace that will help you:

- **Heal what's unresolved within you**
- **Navigate conflict with courage and grace**
- **Create partnerships rooted in values and vision**
- **Lead from love, even when the world forgets how**
- **Build real, resilient, peace-filled communities**

With practical tools for real transformation—including reflective prompts, authentic stories, and accessible daily practices—*The Peace Guidebook* becomes more than just a read. It’s your steady companion, a well of wisdom you’ll return to again and again as you uncover your most peaceful, purpose-driven self.

A Book Born from Real Life, Not Just Idealism

This isn’t your typical peace-and-love manifesto. *The Peace Guidebook* blends Elizabeth’s signature coaching voice and life experience as a mother, advocate, and master life coach with Dr. Eastman’s decades of work in grief, trauma, and transformational psychology.

Each chapter walks readers through one of the **Ten Principles of Peace**: Presence, Potential, Patience, Practice, Passion, Purpose, Positivity, Perseverance, Partnership, and Peace. The book is structured with:

- 78 Peace Points™ (bite-sized practical teachings)
- Real-life stories from people around the world, including teachers, parents, athletes, coaches, comedians, and frontline workers
- Journal prompts, reflection exercises, and interactive tools
- A global movement to join: [The Percolate Peace Project](#)

From Book to Movement

The Peace Guidebook is already rising on bestseller charts during its pre-order phase—reaching #2 on Amazon’s New Release list in Emotions & Mental Health. The co-authors are calling on readers everywhere to preorder the book, join the movement, and begin the simple but revolutionary act of cultivating peace, one breath, one moment, one relationship at a time.

Whether you’re a spiritual seeker, a parent trying to navigate a chaotic world, a leader looking to build a more compassionate culture, or simply someone craving more calm in your everyday life—*The Peace Guidebook* offers the roadmap you’ve been waiting for.

The Peace Guidebook is the third book in *The Guidebook Series*—a powerful trilogy designed to help readers grow through change (*The Change Guidebook*), rise into aligned success (*The Success Guidebook*), and now, become living instruments of peace (*The Peace Guidebook*).

Learn More & Join the Movement:

- Visit: PercolatePeace.com
 - Preorder: [The Peace Guidebook on Amazon](#)
 - Join the Percolate Peace Project: [Facebook Group](#)
 - Press inquiries, interviews, and speaking requests:
Cher Murphy, Cher@CherMurphypr.com
Elizabeth@BestEverYou.com | DrKatieEastmanChangeConsult@gmail.com
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Quotes from Elizabeth Hamilton-Guarino

1. **“Peace isn’t something we wait for or wish for. It’s something we practice, moment by moment, choice by choice, especially when life feels hard.”**
 2. **“The most powerful peace we can create in the world begins inside our own hearts, in how we respond, how we lead, and how we treat one another.”**
 3. **“Peace doesn’t require perfection. It requires presence, courage, and the willingness to choose compassion over chaos.”**
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Quotes from Dr. Katie Eastman

1. **“Peace is not passive. It’s an active, embodied practice that shapes how we think, feel, communicate, and show up in our relationships.”**

2. **“When we cultivate peace within ourselves, we create emotional safety, clarity, and healing that naturally ripples outward into families, communities, and the world.”**
3. **“True peace isn’t about avoiding conflict, it’s about learning how to meet life with honesty, regulation, and self-compassion.”**

About the Authors

Elizabeth Hamilton-Guarino and Dr. Katie Eastman are internationally recognized leaders in personal growth, transformation, and peaceful living. Together, they blend science and soul to help individuals, families, and organizations navigate change with courage, compassion, and grace. Their collaborative work—including *Percolate: Let Your Best Self Filter Through* and *The Peace Guidebook*—invites readers to rediscover their potential, practice mindful presence, and create peace within themselves and the world around them. With decades of combined experience in psychology, coaching, writing, and leadership, Elizabeth and Katie are united by a single mission: to help humanity heal, grow, and live with greater love and understanding.

Elizabeth Hamilton-Guarino



Elizabeth Hamilton-Guarino is one of the world's leading voices in personal development and peaceful leadership, inspiring a global movement toward authenticity, compassion, and change. She is a bestselling and award-

winning author, certified Master Coach, and founder of The Best Ever You Network, a global

multimedia platform reaching millions through its network, magazine, coaching

programs, and internationally acclaimed podcast, *The Best Ever You Show*, which has more than 5 million downloads worldwide.

With a combined social media reach of over 500,000 followers, Elizabeth has built an engaged community dedicated to living with authenticity, purpose, and heart. For over two decades, she has helped individuals, teams, and organizations navigate change and cultivate resilience through her compassionate and practical approach to transformation.

Elizabeth is the author of several acclaimed books, including *The Change Guidebook*, *The Success Guidebook*, *Percolate: Let Your Best Self Filter Through*

(coauthored with Dr. Katie Eastman), and numerous children's books. Her work redefines change, success, and peace as daily practices rooted in awareness, aligned action, and shared humanity.

With a degree in journalism from St. Ambrose University and leadership studies at Harvard Business School, Elizabeth brings both professional depth and lived experience to her work. She is a leading advocate for food allergy awareness, having survived multiple life-threatening anaphylactic reactions and serving as a spokesperson and board member for the Food Allergy & Anaphylaxis Connection Team (FAACT). She also coaches gymnastics at the Maine Academy of Gymnastics, encouraging young athletes to build confidence, courage, and joyful strength.

Elizabeth lives between Maine and South Carolina with her husband, Peter, and their two dogs and two rescue cats. They have four grown sons who continue to inspire their dedication to lead with love and leave a legacy of peace.

Learn more at ElizabethGuarino.com.

Dr. Katie Eastman



Dr. Katie Eastman is an internationally acclaimed grief and change expert, licensed therapist, Master Grief Coach, and cofounder of Recreate Coaching and Counseling. With over four decades of experience guiding individuals, families, organizations, and communities through life's most complex transitions, Dr. Katie Eastman is recognized globally for her unwavering presence, emotional depth, and ability to transform heartbreak into healing.

Trained and mentored by legendary psychiatrist and death-and-dying pioneer Dr. Elisabeth Kübler-Ross, Dr. Katie's work

integrates the highest levels of clinical psychology with spiritual insight, compassion, and practical tools for peaceful living. Her approach empowers

people, not only to navigate loss, but to rise from it. From pediatric palliative care to end-of-life transition planning and organizational trauma recovery, Dr. Katie has spent her life helping others access meaning, peace, and resilience even in the most uncertain of times.

She is the author of the award-winning book *Uplifting: Inspiring Stories of Loss, Change, and Growth*, and coauthor (with Elizabeth Hamilton-Guarino) of *Percolate: Let Your Best Self Filter Through* and *The Peace Guidebook*. Known for her ability to meet people in their most vulnerable moments with grace and grounded wisdom, Dr. Katie offers a rare and sacred space for reflection, reinvention, and inner peace.

As a speaker, coach, and consultant, Dr. Katie has impacted thousands around the world through her masterful teachings on anticipatory grief, emotional resilience, compassionate leadership, and the psychology of transformation. She is also a passionate voice in the global peace movement, reminding us that peaceful living is not the absence of pain, but the presence of love, self-trust, and human connection.

Dr. Katie lives in the Pacific Northwest with her husband, John. She is the proud mother of a strong, creative adult daughter. Whether guiding clients, mentoring professionals, or walking quietly by the shore, Dr. Katie leads by example, proving that peace and growth are possible, even after loss.

Learn more at DrKatieEastman.com.

Media Questions for

The Peace Guidebook: How to Cultivate Hope, Healing, and Harmony for the Good of Humankind

By Elizabeth Hamilton-Guarino and Dr. Katie Eastman

1. What is *The Peace Guidebook*, and why is it so timely right now?
Tell us about the heart of the book and what inspired you to write it.
2. You've said peace is not passive—it's a daily practice. What does that look like in real life? Can anyone really practice peace, even in chaos or grief?

3. The book introduces the Ten Principles of Peace. Could you highlight a few of your favorites and why they matter today?
4. What is a Peaceprint™, and how can we begin leaving one in our everyday lives?
What's the difference between passive hope and active peace?
5. You've set a bold goal: to help one million people percolate peace. What is the Percolate Peace Project, and how can people get involved?
6. Can you describe the structure of the book? How do the stories, Peace Points, exercises, and reflections all come together?
7. This book is incredibly inclusive—it features voices from around the world. Tell us about some of the contributors and what their stories add to the guidebook.
8. You're both respected experts in personal development, success, grief, and transformation. How did your unique backgrounds shape the book?
9. What are some of the real-life challenges people face when trying to choose peace—and how does your book help them through those?
10. You've written other guidebooks on success and change. How does *The Peace Guidebook* complete or continue that journey for readers?
11. You talk about “peace disruptors” in the book—what are they, and how can we manage them?
12. What's one Peace Point from the book that someone could apply today to shift their mindset or relationships?
13. You're inviting the world to join you in a global peace movement. What's your big-picture vision for this book's impact?
14. Who is *The Peace Guidebook* for? Is it just for personal growth readers—or is there something here for leaders, families, workplaces, and communities too?
15. If someone reads only one chapter or does only one exercise—where do you suggest they start?
What's one powerful takeaway you hope every reader carries with them?

More Information:

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