



# E-Squared: Nine Do-It-Yourself Energy Experiments That Prove Your Thoughts Create Your Reality

By Pam Grout

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*E-Squared* could best be described as a lab manual with simple experiments that prove reality is malleable, consciousness trumps matter, and you shape your life with your mind. Yes, you read that right. It says *prove*.

The nine experiments, each of which can be conducted with absolutely no money and very little time expenditure, demonstrate that spiritual principles are as dependable as gravity, as consistent as Newton's laws of motion.

Rather than take it on faith, E-Squared invites you to prove the following principles:

- There is an invisible energy force or field of infinite possibilities.
- You impact the field and draw from it according to your beliefs and expectations.
- Your connection to the field provides accurate and unlimited guidance.
- The universe is limitless, abundant, and strangely accommodating.

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By Pam Grout Bibliography

- Sales Rank: #5798 in eBooks
- Published on: 2013-01-28
- Released on: 2013-01-28
- Format: Kindle eBook

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#### Review

[This] book is beyond spectacular. It's funny, uplifting, delightful, and profound. -- Christiane Northrup, MD bestselling author of *Women's Bodies, Women's Wisdom* I absolutely love this book. Pam has combined a writing style as funny as Ellen DeGeneres with a wisdom as deep and profound as Deepak Chopra's. -- Jack Canfield co-creator of the New York Times bestselling *Chicken Soup for the Soul* series

#### About the Author

**Pam Grout** is the author of 16 books, three plays, a television series, and two iPhone apps. She writes for *People* magazine, *Cnn.go.com*, *Huffington Post*, and her travel blog, [www.georgeclooneysleptthere.com](http://www.georgeclooneysleptthere.com). Find out more about Pam and her out-of-the-box take on life on her website: [www.pamgrout.com](http://www.pamgrout.com).

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