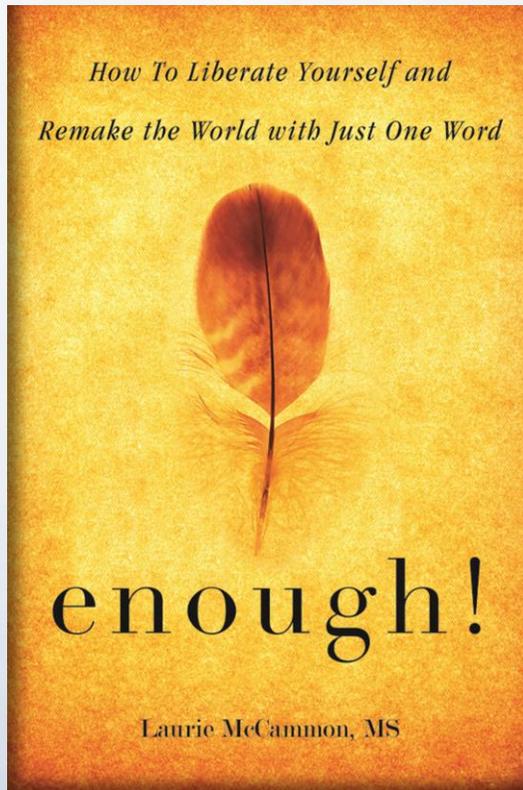


# COULD *ONE WORD* MAKE ALL THE DIFFERENCE?



In 2013, Laurie received a message:

I AM ENOUGH.  
I HAVE ENOUGH.  
WE ARE ENOUGH.  
WE HAVE ENOUGH.  
ENOUGH!

## Early praise for the book:

“There are days when I really want to shriek ‘Enough is Enough!’ about the madness our world has become. And then, like a breath of fresh air, along comes Laurie's marvelous book to show us just how we got into 'too much' and all its consequences, and just how simple it is to get off the roller coaster and into a more peaceful and loving life ride.

This book is a must for a saner and more caring future. “

- Elisabeth Sahtouris, PhD, evolution biologist and futurist; author of *EarthDance* and *Gaia's Dance*.  
[www.sahtouris.com](http://www.sahtouris.com)

It felt like a lightning bolt. But what could it mean? After three years of research, she was absolutely astounded by the big picture she was seeing: abundant evidence that the root cause of most suffering, *and the key to liberating ourselves from it* is contained in our orientation to one word: ENOUGH. From thriving social movements to cutting edge science and technology, to leaps in human consciousness, to Nature's own 13.7 billion year old success story, Laurie found that the ENOUGH MESSAGE points to an empowering archetypal process that unlocks personal and planetary transformation - and it's all happening *right now*.

Coming April 1, 2016  
Conari Press



## How Enough Liberates You

When our orientation to the world and ourselves is overwhelmingly skewed in the direction of “never enough,” our responses are anchored in fear and we miss many opportunities for **creativity, connection, genius** and **abundance**.

Simply noticing our own enough/never enough orientation can help us to move beyond blocked thinking and into a greater sense of **empowerment, freedom, optimism** and **synergy** with the world. We can then decide: do we want to align with the reality of our enoughness or with an old idea of limitation, unworthiness and fear? Because this “enough” choice shows up in so many places and ways, it serves as a **master key** that accelerates positive change and **transformation**.

### About the Author

Laurie McCammon, MS is a contributing author to several online publications including Soulful Living and Popular Resistance. She hosts a blog at [www.weareenough.com](http://www.weareenough.com). Laurie was co-founder/CEO for The World Institute of Social Architecture, Imagine the Good Foundation and The Women’s Institute of ME. She holds a BA in Biology and an MS in Adult Education, facilitates and supports conscious community in person and online.



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## How Enough Remakes the World

- **Environment:** When we know we are enough, we no longer feel the need to subsidize our value with material things. We instead consume only what supports our **well-being and passion**. The burden on the planet becomes much less.
- **Community:** The basis of trust is sharing. The “survival of the fittest” is a failed social experiment whose time is coming to a close. People all over the planet are rebuilding community and are finding **deep meaning, belonging, purpose** and **security** in the process.
- **Family:** As we become more conscious of our part in perpetuating the inherited norms of unworthiness and shame, we can choose a much more affirming stance towards ourselves and future generations.
- **Politics and Economics:** As the “Never Enough” patterns used for power and control are revealed, we see clearly beyond the façade and dare to believe in ourselves, **gathering around our truest values and hopes for the future**, knowing **we are enough to change the world**.

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### Laurie is available for:

- Media interviews
- Interactive workshops
- Retreats
- Inspirational talks
- Book signing events

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