



# Essential Oils: Meditation and Motivation

*April Elder*

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## **Essential Oils:Meditation and Motivation** April Elder

Hello, and welcome to the world of Meditation and Motivation using your essential oils. My name is April, and I have been using essential oils in my home and on my family for the past two and half years. I have used many brands and in this book I will only use the generic names of oils. Please join me and discover new blends to encourage quietness and relaxation of the mind and body.

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