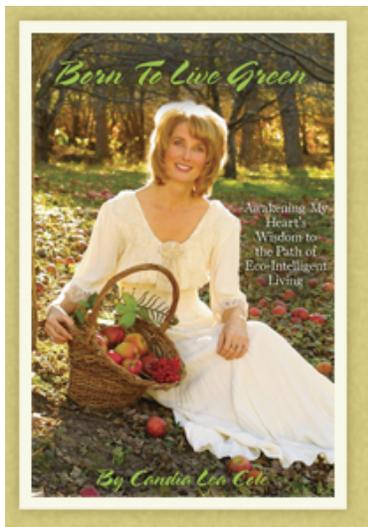


## FOR IMMEDIATE RELEASE

### **Eco-Visionary, Candia Lea Cole, Releases a Memoir that Shares Her Journey to ‘Eco-Intelligent’ Living & Feminine Leadership**

City: St. Paul, Minnesota, April 21, 2016 —In the 90’s, whole foods cook Candia Lea Cole’s three whole foods cookbooks earned the acclaim of prestigious publications. Today, Candia addresses *a different kind of hunger*: the need many people are feeling for a greater, more purposeful and sustainable connection with themselves, others, and the natural world. Her company, Eco Learning Legacies, introduces her spiritual memoir **‘Born to Live Green- Awakening My Heart’s Wisdom to the Path of Eco-Intelligent Living.’**



**Born to Live Green** is a beautiful, poignant story about the author’s life-long journey to understand, manage, and heal the symptoms of environmental illness and use her personal self-healing journey as a catalyst for planetary healing.

**Prologue:** Candia Lea shares the story of her birth, which (imprinted on her subconscious mind), serves as a ‘life map’ from which future events in her life story seem destined to unfold.

**Part One:** Candia Lea shares her “coming of age” journey as a young woman who misses her high school graduation due to illness. Her illness, though acute, is really the culmination of longstanding health concerns that are thought to have originated in her mother’s womb. Because doctors are ill-equipped to diagnose or treat her symptoms, she embarks (along with her mother) on a self-healing journey and becomes a student of the Natural Healing Arts. On her journey, she discovers the value and necessity of creating a non-toxic organic lifestyle, changing her diet, using

traditional herbs, and adopting other holistic health practices. In awe of the healing power of nature, she taps into her eco-intelligence, an intelligence previously not known to her, that awakens her to the necessity and value of cultivating a heart-centered relationship with her body, the Earth, and all living things.

**Part Two:** Candia shares her “coming of age” journey as a mature woman who has used her “healing lessons” to become an eco-conscious mother, cookbook author, and wellness educator. When, during the course of working as an independent contractor for a health company, she is offered an invitation to educate a large group of young adults about healthy, eco-friendly living, she plans and executes her first big teaching gig on the west coast. The wild success of her event leads to several requests from the parents of those who attended my event, to create “eco-lifestyle” education tools for their use at home. After an initial period of hesitation and self doubt (which ultimately leads her to accept her life’s “greater calling”), she plunges headfirst into the process of creating the ed. materials that she imagines might serve them. Her creative process, we learn, becomes a kind of symbolic birthing process, -one in which she gives herself permission to use her own self-healing journey to *conceive* ideas, *gestate* spiritual inspiration (from “the other side”) and ultimately “birth” eight companion books.

Though blissful about the birth of her new “babies” (her books), she experiences “postpartum blues” in the most extreme way. As her story tells, the intensive energy that she invested in the creation of her books (working day and night for ten years) drained her of her physical life force as much as it fed her spirit. As a result, she developed a disabling neurological condition (think “extreme” vertigo), and was left with no choice but to leave the upper world behind and find a way to heal herself.

As her story tells, her condition was hard to diagnose, resistant to treatment, and a hellish experience to endure. When her hope of ever “returning to normal” fades, she takes refuge in the thought that she is living inside *the womb of Mother Earth*. Inside of this womb, she imagines that she is embodying the shifts taking place in Mother Earth’s terrestrial body, as ‘she’ attempts to “shake awake” the parts of the human race that are living unconscious of her ecological needs. Throughout Candia Lea’s ordeal, Mother Earth encourages her to hang on to her faith, release unwanted soul memories, and fully embrace the feminine leader within her.

**Part Three:** Candia Lea explores the missions of other leaders (both women and men alike), who, like her, have made a commitment to “be the change” they wish to see and experience in the world. She also shares the 16 traits of a “universal human” –the kind of human we all need to be, if we’re going to create true and lasting change in the world.

**Epilogue:** Candia Lea ends her book by sharing the story of her son's birth. We are invited to see how his journey and her journey intersect, and understand how our experiences are teaching us how to create a new and healthier era on the Earth.

### **Praise for Candia Lea's Memoir**

“Candia’s journey of awakening is one that every woman will be inspired by, who is committed to her own personal growth work, and who wants to live her passion and purpose on a grander scale as a feminine leader. She has used her life challenges wisely to deepen the personal and planetary relationships that are essential to living well in our ecologically challenging times. In this book, she passes on the deep feminine wisdom she recovered through her own self-healing process, to support others in finding their strength, beauty and life purpose as Eco-Mentors. Thanks Candia Lea, for being a true feminine leader.” —*Rachel Jayne Groover, Founder of The YIN Project. Author of Powerful and Feminine*

“In her book, *Born to Live Green*, Candia Lea Cole tells her beautiful, heartfelt story of how environmental illness led her to become a learner and then a leader in the eco-conscious movement. Through this memoir, Candia becomes both ‘wounded healer’ and ‘spiritual wisdom bringer’ to her readers, who will no doubt receive help and guidance for their own healing journey from this fine work. — *Rochelle Melander, author and Write Now! Coach*

**Candia Lea Cole’s memoir (397 pages) is available at:** [www.eco-mentor.com](http://www.eco-mentor.com) and [www.ecointelligenteating.com](http://www.ecointelligenteating.com). Digital copies are available on Amazon. Be sure to look for the most recent, revised edition, published AFTER 2009. Her memoir is also offered on her websites, as part of an online **Eco-Mentor Apprentice Certification Training** for women ages 21 and up. For more information please contact: [candia@eco-mentor.com](mailto:candia@eco-mentor.com).