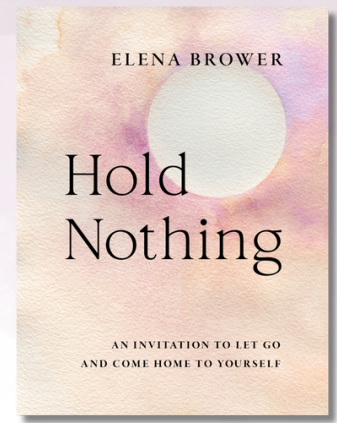


Praise for *Hold Nothing*



“In a culture of achievement and personality, what a gift it is to be invited to unravel our story, drop our ego, and come home to our true selves. Elena’s vulnerability and her skill as a teacher are awe-inspiring. Her prompts and practices are meaningful rituals—easy to weave into real life yet powerful enough to shift everything.”

—**Gwyneth Paltrow**, *Academy Award–winning actor, best-selling author, and founder of Goop*

“Elena Brower has once again offered us a radiant portal into inner realms. *Hold Nothing* is not just a book—it is a transmission of presence, a quiet summons from the soul. With the grace of a mystic and the skill of the true spiritual Renaissance woman that she is (painter, poet, teacher, meditator, healer, mother, friend), Elena weaves together teaching, story, inquiry, and vision—inviting us to enter the liminal spaces where the sacred speaks. This is a book to sit with, to pray with, to dream with. It is both a sanctuary and a compass, whispering us back to the center of what is most essential, most holy, and most alive within us.”

—**Elizabeth Gilbert**, *author of Eat, Pray, Love and All the Way to the River*

“Elena is one of my heroes and she has changed my life for the better. The wisdom and calm energy that Elena radiates is felt in these pages. *Hold Nothing* is the exact guidance all of us need as the world keeps changing. This is a must-read for anyone who wants to take their personal transformation work to a deeper level.”

—**Yung Pueblo**, *New York Times best-selling author*

“With life’s most profound inquiries, I often turn to sister and dearest friend Elena Brower for her listening and guidance. *Hold Nothing* offers us glimpses into her process but holds no answers—only the questions we need to be asking of ourselves.”

—**Dr. Gabrielle Lyon**, *New York Times best-selling author of Forever Strong*

“Having known Elena for two decades, she creates a field of attention and care through her work and relationships. *Hold Nothing* reflects her earnest path of empathy and inquiry, providing grounding and fortification whether you’re in the midst of struggle or celebration.”

—**Christy Turlington Burns**, *founder and president of Every Mother Counts*

“*Hold Nothing* is a gift from Elena Brower. Her ability to share profound teachings in a simple and exquisite way makes her one of our most prolific storytellers. This book reminds us of how attentive we can be to the details of this life.”

—**Carrie-Anne Moss**, *mother, actor, founder of Annapurna Living*

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