



Title: Attaining FLOW
Author: Ashley Kent Carrithers
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Attaining FLOW:

A transforming exploration of personal philosophy, spirituality & ecology

Yearning to find the rebel in yourself and be a frontier seeker? To experience more meaning in your life, more enjoyment of the Creation, and move away from the negative energies and into the positive ones? **Attaining FLOW** is for those who want to actively reawaken their curiosity about the purpose of life on Earth — who want to seriously study life-enhancement practices and break free from tired modalities.

Attaining FLOW will support and expand this desire and delivers a world-class reading adventure inside its welcoming and altogether unconventional pages penned by Ashley Kent Carrithers, a truly original thinker and purveyor of refreshingly provocative insights. Illuminating a combination of myriad disciplines inside one cohesive offering, this is an engaging read with colorful tales from the author's life and reveals deeply personal examples of how flow works, moment to moment. Gain understanding, evolve, grow toward peace and newfound simplicity — **Attaining FLOW** awaits...!

*A metaphysical handbook for radically loving Mother Earth
& finding peace amidst today's materialism*



The Author & Patagonian Provocateur

Following his founding of Island Press (mid-70's) and having enjoyed success as a Silicon Valley entrepreneur thereafter, **Ashley Kent Carrithers** was also previously married to the heiress of a high-profile American philanthropist. Now an expat in South America, this ex-"billionaire" is the El Patron of his 100,000 acre Estancia Ranquilco, a remotely-situated horse & cattle ranch nestled in the foothills of the Andes. Far from the whirl of contemporary living, he embodies freshly radical thinking and is passionately committed to a less-is-more lifestyle. In honoring his commitment to Mother Earth, he shares this light footprint ecological philosophy

with those seeking a "sustainable" vacation alternative where visitors help tend his family ranch's organic garden, make yogurt, cheese and butter, and dine on free range grass fed beef and goat in a peaceful setting that derives its electricity from water turbines -- learn more: www.Ranquilco.com.

He's also founder of an Earth rescue movement:

www.JaguarAmbassadorsGang.org as well as an online gathering place for Writers, Artists, Readers, Photographers: www.WarpPlace.com

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