

American Author Ann Sullivan Releases New Book: Essential Oils for Survival

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Boynton Beach, FL: Ann Sullivan, a respected member and leading voice of reason in the alternative wellness industry, eagerly announces the release of her latest essential oils effort titled Essential Oils for Survival. Ann, as well as her company Ann-Sullivan.com, attempt to embrace environmentally enhancing opportunities whenever they present themselves. As such, and in keeping with this highly valued company policy, Essential Oils for Survival is currently available on Amazon through the Kindle store and Createspace.

"I have been involved with essential oils for quite some time," explains Ann Sullivan, author of several essential oils and recipe books. "When I was growing up my mother always used traditional home remedies that were handed down from generation to generation, to address any of the miniscule ailments and injuries we would receive as children growing up on a farm. When I got married and decided to raise a family of my own, I remembered those age-old remedies and began looking for more. That's when I stumbled across essential oils and what they can be used for."

Digitally published with flip book style formatting and originally offered directly through the Amazon Kindle store, Essential Oils for Survival is now also available through Amazon's Createspace company. By offering multiple opportunities for culinary consumers to obtain the recipe book through a variety of formats, Ann Sullivan has taken all the necessary steps to ensure the availability of this material for returning customers and new clients, by whichever method they prefer.

"There are so many things essential oils can be used for," states Sullivan. "Here in our house we use essential oils for green cleaning, DIY soap and shampoo solutions, additional DIY personal hygiene products, as well as a dietary supplement with many of the meals we consume. We also use them topically in massage therapy and disperse them throughout the house with an aromatic diffuser. We have stockpiled a wide assortment of essential oils as part of our emergency preparedness plans, and we firmly believe others should as well, which is why I decided to write this book; sharing valuable insight and educational information to those with an interest."

As a respected member and reputable leader of the alternative wellness and recovery industry, Ann Sullivan aims to furnish the most up-to-date, relevant, and pertinent information regarding essential oils to all clients, new members, and the rest of the essential oils community.

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For more information about Ann-Sullivan.com, contact the company here: Ann-Sullivan.com
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I am an author who specializes in alternative wellness remedies as well as delicious cuisine specific recipe books. My goal through this combined effort is to help those who want to enjoy an invigorating and exciting lifestyle.

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