

About EB's Notebook & Ely

Description

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Hi friend!

I'm Ely (pronounced like Ellie), a creative and fervent advocate for restful and creative practices to combat everyday emotional challenges.

I believe that, in a productivity-centered world, rest, questioning, and play are forms of resistance and ones I have made my mission to share with my communities. I currently live in Gothenburg, Sweden.

This page is in [in progress] mode, check back in at a later time to learn about my vision for this space and why I created it.

With love & curiosity,

Ely

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Author

elytheglobetrotter

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