



# **Pam Grout: Machu Picchu has been a wonderful, unforgettable experience**

New York Times best-selling author Pam Grout visited the Inca citadel of Machu Picchu in Cusco to fill herself with energy before speaking at a conference on her latest bestseller today in Lima, Peru.

She is the author of the bestselling self-help book “E-Squared: 9 Do-it-Yourself Energy Experiments to Prove your Thoughts Create your Reality.”

“I wanted to see Machu Picchu first so that I can perceive the energy that millions of people talk about every time they get to visit the place. It has been a wonderful and unforgettable experience; I’m sure that thanks to this magic I will be able to immediately connect with those planning to attend my workshop,” Grout noted.

The renowned U.S. writer revealed this visit to the imperial city, before her arrival in Peru’s capital city, Lima, had been an outstanding issue for a long time.

“Every time, I head out on a new trip (as I’m doing today, going to Peru with my daughter), I decide in advance that I’m going to have a great time. I picture amazing adventures, laughter, everything working out with ease and grace [...] guess, what? That’s exactly what I get,” she posted on her website.

Grout led an experiential seminar-workshop entitled *Pensamiento Poderoso y Felicidad* (Powerful Thought and Happiness) today, May 30, at the auditorium of the Peruvian Association of Physicians.