

**At Last – The Law of Attraction for
Regular People**

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At Last
The Law of Attraction for Regular People



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Introduction

Thank you for downloading this report. I am happy that you have taken the time to do something for yourself that may improve your life dramatically. Life can sometimes be like running on a treadmill where we find ourselves continuously in motion but not getting anywhere. It is easy to become trapped in a prison of mediocrity and spend our time wandering if this is all there is to life. But as you are reading this report I assume that you want to get off the treadmill, you want to live life to the fullest and you want to experience all the wonderful things that life has to offer, which is exactly what you are here to do.

The knowledge of the law of attraction has been around since the beginning of time, unfortunately it was a knowledge that was coveted by those who were wealthy. This was done to create a world where real wealth was reserved for an elite few and every one else was to spend their lives toiling and wishing they could live a better life. Fortunately there were some who discovered this knowledge and passed it on to as many as they could, but the fact still remained that the real wealth was distributed amongst a select few.

Even as we look around today in this particular time, things have not changed that much. Those with real wealth, real power is few and those who are poor and struggling to get by are many.

The good news is the shift of wealth and power has already begun. In 2006 Rhonda Byrne brought out a DVD called *The Secret*, I am sure that you have heard about it by now, if not be sure to get yourself a copy. The great thing about Ms Byrne's book is that it made the 'law of attraction' a household phrase. Although there were already many practitioners, authors, and speakers who told of the joys of consciously creating your life, none of them were able to reach such a huge audience at one time as Rhonda Byrne did with *The Secret*.

This has lead to a massive shift in consciousness the world over. Suddenly people who thought they had no hope have begun to do extraordinary things. People who were sick are curing themselves and people who thought that life was something to be endured now understand that they have complete and total control over their lives and are free to consciously create any reality for themselves that they want to experience.

I am a lover of Rhonda Byrne's book and I own the audio version as well as the hardcover, but I know that 'The Secret' is not the be all and end all. Although many hundreds of thousands of people, myself included were able to change their lives after reading this book, I do understand that 'The Secret' is an introduction to the law of attraction and not everyone is able to just read a few basic instructions and change their lives.

Some people require more detailed explanations like those provided by quantum physicists, some require step-by-step instructions and others need someone to personally guide them through the process.

Whatever category you fall into, I have written this guide because I hear people asking the same questions day in and day out. I see people struggling to make the law of attraction work for them in a positive way and I hear them lamenting daily that there is not enough straightforward information available to help them change their lives.

So I have written *The Law of Attraction For Regular People* (originally I was going to call it the law of attraction for dummies, but I thought that might offend) to offer some practical user-friendly tips that will help regular folks understand the law of attraction fully and begin implementing it into their daily lives.

You will notice this report consists of 6 parts, each addressing a different area of life. These are the areas that I hear people complaining about the most. You will also find that this guide is written in a very straightforward manor and I do not use a lot of flowery terminology either, you will not find the woo woo, new age(y) side of the law of attraction here, just down to earth easy to understand tips that you can implement into your life today.

So, lets get started, after all you downloaded this e-book because you have not been able to consistently or effectively implement the law of attraction into your life and you want a guide written for real people to show you how. Well you now have in your possession an e-book that contains exactly what you have been searching for and all you have to do is read it, absorb it and apply it.

Enjoy
Coach Carol

PART 1

5 Law of Attraction Tips for Amazing Health



Do you realize that it is impossible for you to catch a disease? There is no such thing as illness. I know that sounds pretty fantastical considering the many hundreds of thousands of people that are occupying hospital beds as I write this. But it is a simple truth; you can only ‘catch’ a disease if you think you can. I understand that this concept is going to be very difficult for some of you to turn into a truth because all of your life you have been conditioned to fear catching something.

Your mother told you to take a sweater with you because she did not want you to catch a cold. Your teacher told you to bring an umbrella on the field trip and do not touch any thing in case you get sick. All of your life you have been encouraged to live in fear of ‘catching’ something. Well I am here to tell you that it is possible for you to never be sick again. It is possible that with the right thoughts you will live a long and disease free life.

Does that sound possible? I hope you said yes, because it will be easier for you to change your life if you understand that nothing and I do mean nothing is impossible. Think about that for a moment, how many times have you heard doctors say that cancer is incurable, but yet many thousands of people are cured of cancer each and every year. Do you think that those people were just lucky? Do you think that those people were better than you or better than the loved one that you lost, that’s why they were cured?

No, absolutely not. But there is one fundamental difference between those that are cured of illnesses and those that are not. It comes down to a simple matter of belief. Those who were cured believed it was possible, those that were not cured did not believe it was possible.

Your thinking affects absolutely every area of your life. It governs how much money you have, how healthy you are and how much you weigh. Your thoughts control, how people treat you, how you view yourself and how you view the world. So it follows that if your thinking is right all areas of your life will be right. Having an amazing life is actually just a matter of changing your mind.

So how do you change your thinking after a lifetime of conditioning? That is what I am here to explain to you. Below you will find 5 extremely powerful tips that if followed as outlined will help you on your way to experiencing amazing health perhaps for the first time in your life.

Amazing Health Tip #1

Change your vocabulary; make the decision to speak only of good health. Let me ask you something, the last time you were ill did you tell the world and its grandmother that you were sick? Did you speak in volumes about the depth of your suffering? Were you convinced that no one had suffered the way you were suffering at that point in time? I bet you were just the sickest person in the whole wide world, and I also bet that each time you told your 'sickness story' you felt just a little bit worse.

The fact is every time you told that story you did in fact make yourself a little bit sicker and you did in fact prolong your illness just a little bit more and you also set yourself up for future instances of illness.

It is imperative that you understand the power of your words. Try to remember that every time you say 'I am' you are creating something. If your predominant words are 'I feel sick, I am tired, I have a headache' you are prolonging and creating illness.

Change your words to change your life. When you feel ill do not broadcast it to the world. Instead go inside to make yourself well again. For many years I suffered with migraines, so when I was introduced to the law of attraction I decided that the migraines had to go. I always knew when they were coming, as I would get a particular type of pain at the back of my head close to my neck. Before I had the knowledge of the law of attraction I would go running for my medication as soon as I felt this pain.

The problem was sometimes the medication would work and sometimes it would not and I would end up developing a full blown migraine that could last anywhere between 12 hours and 72 hours, my record was 96 hours.

As you can probably tell, my migraines were pretty terrible. So what I would do is, as soon as I felt the migraine coming on I would take myself off to a quiet place and sit down, close my eyes, relax and say over and over 'thank you for my good health'. I would do this until the pain stopped and unlike the medication, it worked every time.

Let me be honest though, it did not work the first few times that I tried it, this was because I still had a lot of doubt. But as I became more knowledgeable about the law of attraction and as I implemented it more and more into my daily life, my belief increased and so did my success with creating my life the way I wanted it.

The statement I used to banish my migraines worked because it took my attention away from the pain, this shifted my energy and enabled me to stop emitting an 'I am suffering' vibration and instead emit an 'I am well' vibration, two very strong but opposing feelings.

Also, my affirmation worked because the universe had no choice but to respond to my vibration, that is the essence of the law. I was no longer feeling bad and speaking about how bad my migraine was, so by the law of attraction the universe gave me good health because I was only speaking words of good health and emitting a frequency of good health. Are you beginning to see how important your words and feelings are?

Amazing Health Tip #2

Choose joy over misery. I do understand completely that it is difficult to feel good when you are sick. There is a tendency to feel sorry for yourself and you want everyone else to feel sorry for you also. But I must make you aware that when you are feeling sorry for yourself you are creating more situations for you to feel badly about. Do you want more and more misery in your life? Of course you don't, well stop focusing on it then.

Every one of us has someone or something in our lives that we truly love and appreciate more than anything else.

When you feel ill take a few minutes and focus on that thing or person that you love. Think about all of its/their wonderful characteristics; think of how much you love them/it. Fix your mind on the joy of having this thing/person in your life.

You will find that as you do this the illness you were feeling lessens, the pain you were experiencing dissolves and you begin to receive more and more thoughts of how great this person/thing is until all thoughts of your illness disappears. However, let me stress that this will not happen immediately; it may not work the very first time you do this. But you must understand that the law of attraction like any other lessons learned need to be practiced until perfection is reached.

I do not think that Tiger Woods got up one morning and discovered that he was a master golfer. I do not think that Serena Williams bumped her head one day and had an epiphany that she was a world champion tennis player. It took many years of dedication and practice for these two amazing sportspersons to reach the top of their respective games.

I cannot tell you how little or how much time will pass before you master the teachings of the law of attraction but I can tell you with absolute certainty that if you do nothing or if you try once and give up you will always live a mediocre life and experience mediocre to bad health.

Amazing Health Tip #3

Write affirmations. This is something that I recommend to every single person interested in creating a better life for him or herself with the law of attraction. Simply put, affirmations work; they must be a part of your daily life if you want to change your thinking about a particular belief. In the case of health, as I said at the beginning you have been conditioned by your parents, siblings, teachers, neighbors and friends all of your life. So the beliefs are deep rooted, the proper use of affirmations can quickly and easily change any negative belief into a positive more productive one.

The reason I say 'the proper use' of affirmations is because most people do not know how to use affirmations properly and therefore do not experience the true benefit of them. Possibly you are one of those people that complained loudly that 'affirmations are useless and a waste of time'. More than likely you did this because you have not been taught how to use affirmations in the correct way.

For an affirmation to have a positive affect on you it must do two things; first it must invoke a powerful feeling within you when you speak the words and secondly the words must resonate with you. In other words they must feel believable to you. If your affirmations do not do these two things you are wasting your time.

In order to be sure that your affirmations are powerful and focused you must write them yourself. Do not buy a book of affirmations and start reciting them daily, do not go online and download a list to incorporate into your life, doing this will simply bring disappointment and frustration. Instead follow these few instructions.

Think about what belief you are trying to change, and then write down a statement that is the opposite of that belief.

Read this statement out loud and note how it makes you feel.

If the statement does not invoke any emotion within you, it is not powerful enough and should be re-written.

If your statement brings up negative opposing thoughts then it is too powerful and therefore not believable and needs to be altered.

Let me give you some examples that will clarify the 4 steps above.

My head is clear and focused

My eyesight is as good as a teenager

My joints are relaxed and pain free

My heart is pumping with the strength of a lion

My lungs are clear and I can breath deeply

These are what I like to call top-level affirmations. They are positive, they focus on a particular area, they are confidently worded and they are powerful. Unfortunately with most people, especially those new to affirmations, top-level affirmations just do not work. They are too powerful, they invoke too much emotion and that emotion is usually negative, and results in them being unbelievable to the recipient.

So instead I suggest using what I call real-level affirmations. If you are feeling ill, stating over and over I feel well may not work for you the first time and it may not work for you the tenth time so instead I suggest you soften the affirmation by adding words of possibility. Go back to the 5 top-level affirmations and look at them again, and then read these next five.

My head is becoming clearer and more focused
My eyesight is improving bit-by-bit
My joints are feeling more and more relaxed and pain free
Every day my heart pumps a little stronger
Little by little my lungs are getting clearer
Every day I can breath a bit more deeply

Now which ones do you think would sound more believable to someone who has bad joints or migraines or heart disease? The second set right? This is because you are not asking your mind to believe you are fully recovered just like that. You are instead asking your subconscious mind to be open to the possibility that you could be cured. Then as your belief grows stronger so can your affirmation.

This is why it is imperative that you write your own affirmations. Generic lists downloaded from the Internet are not geared towards your specific needs. Only you know how you truly feel so only you can write a powerful affirmation for yourself. By all means use a pre-written list as a guideline but do not take them at face value, re-word them to suit your requirements.

Also if you are going to use affirmations, try using them in different ways to make them even more powerful. For instance, when I want to use affirmations I record them onto a digital recorder and play them on a low level whilst I am sleeping at night. I find having the affirmations played back in my own voice very powerful. I also listen to my recordings whilst I am at my computer writing; this is very therapeutic for me.

Try writing your affirmations in a book over and over until you begin to feel that the words are true. Or if you prefer, state them out loud over and over or say them in your head instead. The point is to experiment and have fun, find what works for you once and then every time you wish to use affirmations you will know exactly how to go about it for fast effective results.

In my e-book “**Law of Attraction Tips – How to Write Powerful Focused Affirmations**” you will find step-by-step instructions on how to craft your own powerful effective affirmations. <http://tinyurl.com/c4qcdv>

Amazing Health Tip #4

Let go of the hypochondriacs. We all know at least one person who loves to talk about their many illnesses. They expunge in festival terms the depths of they're suffering and despair and the more people they have listening to them the bigger and more fantastical their stories become. There is no illness that you have that they have not had, only worse. There is no one who has suffered as much as they have and their illnesses are so complex that they often have doctors baffled by the rarity of them.

Do yourself a favor STAY AWAY FROM THESE PEOPLE!

Misery is an art form for these types of people and they are determined to have you feel as badly as they do by constantly infiltrating your consciousness with their negativity and strife. So I will say it again, STAY AWAY FROM THESE PEOPLE!

They will suck you dry and leave you for dead! Do not allow these people to make illness your primary thought. Instead when you come across these people speak positive words or do not spend time around them. It may seem rude or unkind but you are doing more harm than good by indulging their negativity. The hypochondriacs of the world are doing nothing but creating more disease in the world, they create it on a constant basis for themselves and every one who listens to them. Do not allow yourself to become embroiled in this type of thinking and behavior unless that is what you want for yourself. If you want more pain, if you want more illness and if you want more suffering then go ahead and listen, but if not keep your distance from people who speak only of illness.

Amazing Health Tip #5

Joy and appreciation; these are two very big words and you really need to incorporate both of them into your life if you are going to be successful with the law of attraction and create amazing health for yourself. One of the absolute best ways of dissolving disease from your body is to experience joy and laughter on a continued basis. I have to admit I love to laugh and I learned to incorporate joy into my life, which is why I experience very little ill health. The days of heart palpitations, migraines and high blood pressure are now gone and I know exactly where I went wrong and how I created those situations.

The biggest culprit for me was anger. I was a very negative angry person and it only took a tiny little comment from someone to 'set me off' on a rampage. Now I laugh, laugh and laugh some more, and because of this I am now able to take others and myself a lot less seriously. I allow others to have their own opinion instead of always trying to bully them around to my way of thinking. I laugh in the face of adversity because I know it is only temporary, I create the pictures of my life and I can change them at any time.

Think anger and you will become the epitome of anger. Think joy and you will become joy. Let me just say that by being joyful I do not mean that you have to walk around grinning like a Cheshire cat, nor do I mean that you are never to feel passionately about anything. What I do mean is that when you live joyfully and positively you no longer wallow in anger, pain or misery. It means that when you experience illness you use your mind to rise above it, you use your affirmations to take your mind away from it and you use what you have learnt in this guide to walk away from it.

It is fine and considered by many healthy to allow anger to visit, to allow misery to visit and allow pain to visit you. In fact I encourage you to feel your feelings do not suppress them. But the difference between someone who lives joyously and without illness, and the person who lives in misery and sickness, is the person who lives in joy allows illness, pain, anger and misery to visit, but they do not let them STAY!

A joyous person understands that allowing your illness to take hold of your consciousness is to invite more and more illness, so they take note and then use the law of attraction to force the illness to move on.

Appreciation

If I were to wake up tomorrow morning with a cold, I would not be angry or upset; I would not fret about how I caught a cold and fuss about how bad I feel. Instead I would thank God for showing me the error in my thinking, feelings and actions. When we experience something bad it is simply God, the universe, Allah, Buddha's (or who ever you consider to be the ultimate creator) way of telling you that you're not thinking right. Then you can get back on course, kick the illness to the curb and get on with having a joyous life. So the next time you fall ill or have an accident say thank you and feel appreciative of the reminder, then set about righting your wrong thoughts.

PART 2

5 Law of Attraction Tips for Amazing Money



Money, wow this is a huge one for most people trying to be successful with the law of attraction. How to attract more money? I could quite literally write volumes on this topic alone. But it is my belief that successfully attracting money comes down to doing 5 simple things. Unfortunately even though you are reading this guide most likely you will be inclined to dismiss these ideas as too simplistic, because it is a universal truth amongst human beings that we do not value any idea or action that we perceive as being too simple.

If we think it is important we think we have to fight tooth and nail to get it and if someone like me comes along and says you do not have to fight that hard, there is an easier way, you dismiss me as being uninformed because ‘everyone knows’ that it cannot be easy. Life is meant to be hard.

To all of that I say ‘rubbish’. Life is meant to be joyous and abundant in all areas. We are not meant to struggle and the only reason we do struggle is because we have bought into the idea that life is hard, money is hard to come by and we have to fight and compete against one another to get our piece of the pie. Again all of that is ‘rubbish’.

So let me out line 5 simple steps that will help you attract more money into your life.

Amazing Money Tip #1

Prove that you want and deserve more money. Let the world know that you are here and that you feel the feelings of wealth. Let the universe know that you love money and you believe you deserve to be extraordinarily rich. How? Start by changing: -

Your Actions

So you want to attract more money huh? Well when was the last time you acted as though you wanted more money?

When was the last time you held your head high, put a smile on your face and walked around as though you owned the world? I am guessing never, right?

The universe responds to your strongest, feelings, words and actions. So if you are creeping around, virtually apologizing to the world for existing, you are not acting like some one who believes they deserve to be wealthy.

Do you think that Donald Trump sneaks in the back door of a restaurant and begs for a table? Hell no. He knows that he is THE DONALD TRUMP and makes absolutely no apology for it, he holds his head high at all times and regardless as to whether he is feeling confident and prosperous or not, no one he meets will ever know because he exudes confidence and wealth.

If you feel poor and act poor and focus on poverty you will remain poor!

That is a fact. I want you to start acting like someone who believes they are rich. If you are going out do not just drag on any old clothes, run your fingers through your hair and shout, "I'm ready". Take your time put on some perfume, cologne or body spray, style your hair, put some make-up on. Do every thing you can to make yourself feel like a million dollars when you step through the door, even if you are only going to the supermarket.

I cannot tell you how much this helps to improve your wealth mindset. If you have ever daydreamed about being wealthy I am sure that in your daydream you were not scruffily dressed I bet you were immaculate. Start now; start looking immaculate now. Ok so you may not be able to go into Gucci and buy their latest collection but do the best you can right now with what you have. Think wealth, exude wealth, feel wealth and act as though you are wealthy. This will make you feel better and the universe will pick up that frequency and direct wealth your way.

Your Thoughts

Do you think poor thoughts? Not sure? When it comes to wealth consciousness poor thoughts are simply the thoughts that keep you poor. You know the ones,

I'm always broke
I can never get a break

I don't know where all my money goes
I am always chasing my tail
I'm not meant to have money

And so on and so on

If you are not wealthy right now then most likely you have thought poor thoughts like these. If you want money you need to think like it, think rich thoughts instead of poor ones. This is another great time to use affirmations, because more than likely you will have some limiting beliefs surrounding money so you will need to expel those beliefs before you can begin thinking high quality rich thoughts.

If you do not think that you deserve money or if you think that money is the root of all evil or rich people are deceitful or only certain people can be rich. Then you need to spend some time banishing those beliefs and the best way to do that is to bombard your subconscious with the new beliefs you want to entertain.

Try these money affirmations, but remember to apply the strategies explained in [Amazing Health Tip #3](#), so that your affirmations will be powerful and targeted towards you.

Money comes to me frequently and easily
Money flows to me from many different sources
I can attract money any time any place and from any where
I value money
It is safe for me to have money
I use my money wisely
I am generous with my money
I help a lot of people with my money
I am glad that I am wealthy
Money is good
Wealthy people can help others
I am now in a position to help others

Some of these are top-level affirmations and some are real level affirmations, I included both because I do not want you to copy these affirmations word for word and then start reciting them because all that will happen is a few months from now you will contact me to tell me that my e-book is \$@&% because the affirmations did not work.

As I said earlier it is imperative that you write your own affirmations or tweak affirmations written for you so that they become specific to your beliefs.

If you are still not sure about affirmations a good way to start off is to look at an affirmation and ask yourself if the affirmation is the exact opposite of the belief you want to change. If it is cool, but if it isn't then it needs tweaking to suit you, and remember your affirmations must invoke strong positive feelings and thoughts.

Your Words

If you want to walk-the-walk you must first talk-the-talk. Statements like: -

I don't have enough money for _____
That's too much money
That's too expensive
Look for the cheapest _____

Banish, expel, dissolve, or just get rid of these types of statements from your vocabulary. They will hinder you greatly. Every single time you speak of not being able to afford something the universe responds, every time you say something is too expensive the universe responds and every single time you search around looking for the cheapest items to buy the universe responds to that too.

How does the universe respond? By giving you more of the same. Let me break that down for you in the simplest of terms.

You say...
I can't afford it

The universe responds with...
Show them more things they cannot afford
Make sure they can never afford things

You say...
I don't have enough money...

The universe responds with
Make sure they never have enough money

Remember the universe responds to your strongest, feelings, words and actions.

Haven't you noticed that as soon as you say these words you immediately feel worse? They are poor words of the highest order and need to be removed from your speech immediately. If you see something that you would like to buy but you know you do not have the money for it try using these words: -

I'll buy that when I am rich
I'll get that next month
I can afford that
I will buy that soon
I am going to buy that one-day

I know in the past you have been told to speak in the present tense, state affirmations in the positive and if you word your statements in the future tense, your desires will always be in the future. Well I am going to get up in your face a little and say 'it aint necessarily so'.

In theory, it is all well and good using top-level affirmations and PC (positively correct) statements, but the thing is, that does not work for everyone. If it did, the world would never again need another book, audio, workshop, seminar or article on the law of attraction.

Everyone's needs are different and we respond differently to different methodologies that is why there is a million and one law of attraction products, services and experts at the ready waiting for the next person to come along and say 'I need help'.

One of the many reasons for this e-book is to address some of the myths floating around as gospel and to help those who bought into those myths and found they could not succeed following the gospel.

To succeed with the law of attraction is to find a method that works for you. That really and truly is the key. That is the reason why I have included as many tips as I can in this e-book, in the hope that you will find one that resonates with you. If I were to write like 80% of other law of attraction experts and coaches this e-book would be complete already. As it stands at this point you are not even half way through yet.

I know through my own trial and error that there is no SURE THING!

One size definitely does not fit all.

It takes quite a bit of experimenting to find the right combination for you. I am at the point now where I use what I call the “set it and forget it” method. I set my intention I focus on it, visualize it, feel it and then let it go. Set it and forget it. The sooner I can forget it completely, the sooner what I want shows up. But I would not suggest that method for you because you and I do not have the same thoughts and beliefs and I simply cannot tell you what will work for you, and anyone that does is not telling you the truth.

I do not say this to deter you, quite the contrary actually; I say this to arm you with the truth. But I believe that deep down you already know this to be true, you know this because you have listened to the usual suspects and tried their way of doing things with no success and you also started to notice that almost all of the information you were receiving was just the same stuff re-worded.

So you were drawn to the title of my little e-book because the words “**AT Last-The Law of Attraction for Regular People**”, resonated with you, these words made you think that finally you will be told something different, finally you would be told the truth, and that is exactly what I am delivering, real life strategies that work for real life people.

But I digress we were talking money.

One more thing to remember is to do your best to remove ‘not, no, can’t won’t and don’t’ from your vocabulary. These words of negation are very damaging indeed. Just as the words I am are a creation, the words of negation create also but in a negative manor.

I can’t afford that
I don’t have any money.

Do you feel the powerful negativity that comes from those words? If you want to apply the law of attraction to your life in a positive way, you know the importance of removing negativity from your life. It is something that you must do, you cannot emit a negative vibration and attract something positive, and by the same token you cannot think positive thoughts and attract something negative. So do yourself a favor and remove those negative words from your speech.

As soon as you begin to speak more positively about money, more of it must naturally show up in your life.

Amazing Money Tip #2

Stop begging; the universe is not deaf and God is not out to lunch, everything you feel think and say is being heard and understood. So instead of constantly saying I want more money, I want more money, switch your focus and clean up your frequency.

Get on the feel good train, start feeling as though you are rich and start having rich feelings. This is probably one of the most difficult tasks to master, I know exactly how hard it is to feel good and have rich feelings when every day you wake up to a pile of bills that you cannot pay and every day you get more calls and more visits from debt collectors.

I would love to be able to tell you to just do XY&Z and you will get rich but it simply does not work that way. What I will do instead is offer you a selection of tips and I would suggest that you experiment with all of them, even if they sound weird. I know for sure that something will stick eventually; you just have to play around a little.

Feel Good About Money Tips

1. Every day spend a few minutes twice a day visualizing what your life would be like if you were rich. Really get into it, feel it, smell it, touch it and taste it. Whilst you are doing this, the universe picks up on your feel-good-about-money vibration and starts leveraging to bring you what you want. Keep this up as long as it takes; consistency is the key.
2. Use affirmations, I know, there I go again with the affirmations thing, but they are just brilliant for changing beliefs quickly. Think about how you feel about money and then write an opposing positive statement about money, this can then be broken down into different affirmations if the statement is long or you can lengthen it if you feel it is necessary, go with your intuition and your feelings rather than your thoughts.
3. Monitor your feelings about money. Catch yourself whenever you are feeling bad about money and distract yourself by doing something you enjoy. Go for a walk, read your affirmations, play with your pet or chat on the phone to a girlfriend.

The point is to allow those negative feelings about money to visit but do not let them stay, do not wallow in those feelings, instead recognize them and chase them on their way.

4. Keep your vibration high and away from negative thoughts about money by doing something every day that you enjoy. When was the last time you did something simply because its fun or because you enjoy it? Sit down and write a feel-good list and try to do at least one thing on your list every day. Doing this will help to distract you from your bills and keep your vibration high for longer periods of time.
5. Go out and window-shop for the things that you will buy when you are rich. See them as already yours, imagine them in your possession and remember how it feels. This will help you when you catch those negative thoughts, you will be able to switch them to how you felt when you were window shopping and immediately raise your vibration.

These tips will also help you to relax and stop taking money so seriously, loosen up and have some fun with your imagination and feelings. It is amazing how your outlook will change when you stop taking money so seriously, after all its just paper.

Amazing Money Tip #3

Be grateful for your money. I know that you do not have a lot of money right now but I can tell you for sure that if you are not grateful for what you have, what you have is all you will have. Put it this way, you can only attract more money into your life if you are grateful for the money you have now.

Right now you may be struggling to get by.

Right now you may have just enough money to cover your bills.

Right now you may have to go without some things.

Right now you may have to tighten your belt.

But you still have some money, so you still have something to be grateful for. Do not reserve your gratitude for when you attract your desires be grateful every day.

If you paid the mortgage this month, be grateful.

If you went to the grocery store this month, be grateful.
If you were able to make your car payment this month, be grateful
If you gave your kids lunch money this week, be grateful.

The point I am making is, no matter how bad your money situation may seem to you someone else's situation is worse, and even though you may not be a millionaire YET you are still able to do the basics and get by, sooooo Be Grateful.

If the frequency that you continuously emit lacks gratitude you cannot attract any more into your life and that goes for all areas of life. I will talk more about gratitude as you go through this book because it is something that you need to adopt as part of your life, not just part of your quest to attract more money.

Amazing Money Tip #4

Fear and contradiction; many people find it difficult to manifest money into their lives because of these two conditions. The quickest and easiest way for me to find out if a person fears money and contradicts their desire for money, is to ask them to describe their perfect financial situation, doing this reveals an awful lot about their money mindset.

Look at the scenario below and see if you can figure out what kind of money mindset this person has.

Coach Carol

Bob, I want you to complete this task to help me determine your feelings and beliefs about money. I want you to think for a moment and then describe to me what you consider to be your perfect financial situation.

Bob

I would like to be financially free. I would love to wake up each morning knowing that if I have any bills I can easily pay them and I can give my family the things they need and maybe even spoil them from time to time. I want to be able to go to the bank without wondering if I have any money left and I want to stop living paycheck to paycheck. I don't need to be filthy rich; I wouldn't want to win millions in a lottery for instance, I don't need that much money, I just want to get by without struggling and I just want to make myself and my family comfortable.

Can you see anything wrong with Bob's description of his perfect financial situation? It is fear based and contradictory, and his results simply cannot be positive. Why? Let's pick Bob's statement apart so that I can highlight the problems.

"I would like to be financially free. I would love to wake up each morning knowing that if I have any bills I can easily pay them and I can give my family the things they need."

The first part of Bob's statement was fine, he is positive he knows what he wants and he is clear about it.

"And maybe even spoil them from time to time"

This is the part where a little fear starts to creep in; Bob does not feel comfortable and confident about giving his family everything they want and spoiling them, he does not want to appear greedy so he does not want to expect too much.

"I don't need to be filthy rich; I would not want to win millions on a lottery for instance, I don't need that much money"

Bob is now shaking in his boots and virtually apologizing for asking for what he wants. Also he is contradicting himself by saying he does not need much money, after just stating that he wanted money. Do you see the problem?

"I just want to get by without struggling and I just want to make myself and my family comfortable"

Bob is virtually on his hands and knees begging the universe now and again using an incredibly apologetic tone and vibration.

The universe responds to your strongest, feelings, words and actions.

So right now although Bob is saying he wants money he is emitting a fearful frequency i.e. he does not want to appear greedy by asking for too much, and therefore his results will be exactly what he asked for, very little.

Have you ever stated that you want more money?

Of course you have, but I bet you have also heard about someone winning a large amount of money on a lottery and you've said 'oh that's too much money; I would not want that much money'? Don't feel bad I have said it too. But when we use these kinds of words the universe responds to the strong, poor thought vibration that we are emitting when we say, "I do not want that much money".

When you say that a certain amount is too much money for you, you are telling the universe two things, firstly you are saying that you are not worthy of receiving large amounts of money and secondly you are saying that you are above wanting money because you have the belief that if you refuse large amounts of money you are somehow being virtuous, a martyr, more saintly or spiritual in your actions.

This is simply not so, being spiritual and being rich are not two opposing states of being. You do not have to be poor to be spiritual; one does not cancel out the other. Your life is meant to be abundant in all areas and having money does not make you a lesser person. If you hold these beliefs you must exorcise them from your subconscious before you can begin attracting the life you want and the money you want.

A better statement for Bob would be: -

I would like to be financially free. I would love to wake up each morning knowing that if I have any bills I can easily pay them and I can give my family everything they have ever wanted. I want to be able to go to the bank knowing I have plenty of money left and I want to stop living paycheck to paycheck. I want to be rich; I would love to win millions of dollars on a lottery for instance, but I am open to receiving the money from many different sources. I want my family and myself to be abundant in all areas of life.

Notice how Bob's statement is now positive confident and open to allowing great things to happen for himself and his family.

So stop contradiction yourself; stop being fearful; it is time to state your words with conviction and passion, it is time to state what you really want without fear or apology, being poor is not noble but if you attract wealth into your life you will then be in a position to be noble by helping those less fortunate than yourself.

Amazing Money Tip #5

You must give to receive; this tip is going to be short and sweet but it is still vital to your success. It is quite fine to decide that you want to attract millions upon millions of dollars into your life and with all of my heart I hope you are successful in doing just that, if that is what you truly want. But I will ask you to remember to do one thing.

Remember to give away some of your money, and I do not mean you should wait until you are rich to do this, start doing it now. I know you do not have much and I know that you are already struggling. But even if it is just a dollar to the next homeless person who asks for it, give something. I am sure you know of the famous words of the bible 'it is better to give than receive'. Give money and you will receive more than you give.

Have you ever noticed that rich people give away millions to charities every year but yet they do not run out of money? This is because they understand that as they continue to give, they continue to receive. Make a habit of giving when you can, and give with an open heart, not because you want something in return but because you want to help the person or charity you are giving too.

PART 3

4 Law of Attraction Tips for an Amazing Career



Do you love your love job? Do you wake each morning with vitality and enthusiasm to get to work? If you are like the majority of people in the western world then the answer is probably no. But why is that? Why do most people go through their entire adult lives in jobs that they are not passionate about?

There are in fact quite a few reasons but I want to highlight two of the most common. As I have already mentioned in this e-book, the way we are raised has much to do with how our lives will unfold. When I was younger my mother consistently preached of the importance of getting a proper education so that I could get a ‘good job’ when I got older.

Although in theory there is absolutely nothing wrong with this advice, what a ‘proper’ education consists of is open to much debate.

For instance, how many parents would be happy about and respect their child’s wishes to become say a professional belly dancer, or a garbage collector or a netball player? Probably not that many, although if that child was allowed to pursue its dream more than likely it would end up happy, fulfilled and prosperous in a career that brought them joy because that was their dream, that was their vision.

But most of us are raised to see ourselves as being just like everyone else and we should therefore want what everyone else wants. How many mothers have you heard bragging that child is going to a doctor or lawyer? How many fathers are grooming their son to take over the family business? And how many of these parents stop to ask the children what they want?

So we grow up with this bog standard idea of what a good job is and the dream of being a belly dancer should only be pursued as a hobby because after all belly dancing is not a proper job.

Another reason for people continuing in jobs they do not like is out of a misplaced sense of responsibility, necessity and security. Are these excuses preventing you from having an amazing career?

*I have to keep this job because I have bills to pay
I can't pursue my dream job because I do not have the time
I can't pursue my dream job because I don't have the money
I can't pursue my dream job because I am not qualified
I can't leave my job because I have kids to feed
I can't leave my job because I'll lose all my benefits and pension*

The fact is it is possible for you to come up with excuses for not going after the career that you want indefinitely, the fact is the time will never be right, you will never have the money and your kids will always want feeding. To go after your dreams does not mean sacrificing something or someone else, it just means you are doing something really great for yourself that will in fact benefit others as well and on many different levels.

Having an amazing career requires two simple things, determination and planning. Decide what it is you really want to do and then plan how you are going to get it. Offering excuses is the easy way out, going after what you want is a little harder because it will require some planning and some time, but if you really want it and I mean really really want it, nothing will stop you, nothing will prevent you from moving forward and in the end you must win.

Amazing Career Tip #1

Discover your true passion. Although many people may have had enough of there careers and desperately want a change, they do not always know what they want to do. I have been in this situation myself. For about three years I had the feeling that I did not want to be a teacher for the rest of my life but I had no idea what I wanted to do instead, all I knew for sure was that I wanted to be my own boss.

Luckily for me I discovered the law of attraction and soon after I re-discovered my talent for and love of writing, and I then spent a great deal of time questioning myself about what I could do for a living that encompassed my passion.

So it is imperative to figure out where your talents lie and how you can use them to start a new career.

Here are a few questions you can ask yourself that will help you on your way.

What do I enjoy doing for fun?

What is my dream job/career?

What am I passionate about in life?

What are your interests/hobbies?

When in my life was I the happiest and what was I doing?

Answering these questions will get your imagination flowing and help you to begin exploring new avenues.

In my e-book **Discover Your True Passion and Find the Career of Your Dreams**, you will find my complete; discover your true calling worksheets that will guide you effortlessly to discovering your dream career.

<http://tinyurl.com/cr762c>

Amazing Career Tip #2

Do what you love and love what you do. I am still surprised by the amount of people that I talk too that do not understand the importance of or do not comprehend that it is possible to have a career/job that they love. I would have to say that this also comes down to the conditioning that they have received and buying into the idea that people are not meant to be happy, life is hard and we all have to struggle to get by.

If you are open to the idea that you can make a lot of money doing exactly what you love then you are way a head of most.

Doing what you love and loving what you are doing is simply one of the best things you can ever do for yourself and your family, because you are not the only one who will feel the benefit of this. When you begin to live joyously the lives of everyone around you will be touched and people will begin asking you why you are so happy or as in my case they will want to know what you are on and how they can get some.

If you are not sure if the choice you have made is really something that you truly love and are truly passionate about try asking yourself these questions to help you get some clarity.

When I partake in this activity how do I feel?

Does it feel like hard work when I am doing this?

Do I feel relaxed when I am doing this?

Is this something that I have done often?
Is this something I have done for free in the past?

These questions will quickly help you ascertain a few important details like, if the career that you have chosen has always been a part of your life, even if only on a social level. This is important because you want to choose something that comes naturally to you something that is ingrained.

Although it is possible for to go into a totally new career if that is really what you want to do, I would still recommend that you go with something that is familiar to you as it will be a much easier and faster transition and the learning curve will not be nearly as steep.

Noticing if your career/job choice is something that you have done in the past for free is also important because most people do not do things for free unless they are doing something that they love to do. For instance let's say your passion is gardening and you realize that you often go over to your neighbors' house and help them in their garden because they do not have green fingers like yourself.

If you merely enjoyed occasional gardening you might consider helping your neighbor out from time to time, but if you loved gardening you would probably pop next door on a regular basis. When you buy new flowers for your garden you would probably share them with your neighbor and so on and so on.

Gardening is your passion; it is what you love and when you love to do something it does not matter if money is changing hands, it does not matter how many hours are spent doing it and it does not matter how much you are giving to your neighbor because you are doing something you truly love.

Can you imagine what it must feel like to get up every morning knowing that you are going to a job that you really love? I cannot express enough how wonderful this feels and I hope to inspire as many people as possible to go after their dream career/job. I have the pleasure of getting up every morning knowing that I just have to walk a short distance to my desk and I can write in the nude if wish to because I am doing what I love in a place that I love, how cool is that? And it can be exactly the same for you.

Amazing Career Tip #3

Get off the sidelines and into the game. I always say if you do nothing and give nothing you get nothing in return. Wishing, hoping and praying are not going to get anything done, you have to act and you have to give something of value also. It is not about you just sucking the place dry, you must add worth to this world.

Watching others succeed, patting them on the back and telling them how great and lucky they are is not going to do anything for you either, you are not here to ride on the coattails of others, you are here to pave your own way, you are here to make a mark on the world, add value to the world and experience everything wonderful this world has to offer.

I know I am suggesting that you do the two things that most human beings do not like to do i.e. embrace change and move out of their own comfort zones, but this is your life we are talking about, your happiness and piece of mind are at stake, do you really want to risk them just because you are a little afraid?

Suck it up and get a grip, you have already wasted much of your life complaining that you do not like your life. You have in your possession in the form of this e-book everything you need to turn your life around and if that is not enough you also have access to me personally either by email, on my website or blog; I am always available to answer your questions. So quite frankly you are all out of excuses.

Take a deep breath relax and say to yourself, I am going to make a change, it is time for me to do something great for myself and Coach Carol has given me the information and some of the tools necessary to do just that, so what am I waiting for, the time is now.

Amazing Career Tip #4

Start to look for the positives. It is possible that you are already in the career/job that you love but you have just lost a little enthusiasm for your work. I think that happens to most people at some time in their working lives and it does not necessarily mean that you must change careers.

A career can be very similar to a relationship, if you do not put any effort into a relationship you are not going to get anything out of it.

If you show little interest in a relationship most likely it will begin to suffer and if you abuse a relationship you will lose it altogether and so it is with your career. If you do not put any effort into your job, show little interest in it or abuse it you will certainly lose it. Therefore it is important to keep that spark of interest alive and kicking in your chosen field.

Stop Complaining!

There will always be something to complain about in any job. There is no such thing as the perfect workplace and so expecting it to be perfect is unreasonable.

Think back to when you were happy in your job, what was your focus then? If you were happy you were certainly not focusing on the things that were wrong because that would totally defy the law of attraction.

At that happier time you were probably enjoying your work and having fun with your colleagues, so in order to get back those feelings you just have to remember what those times were like and focus on them. Do not open up your mouth to complain about anything. Challenge yourself not to complain about your work for one week and you will see that your focus will begin to shift and you will again begin to notice all of the great things about your job.

Bless Those Who Irk You!

I know you do not want to do this but; you must find some love in your heart for all of those people that you just can't stand. Boy this is a tough one I know, but if you can do this you will find a real sense of peace and contentment that was missing before.

Try this little exercise for better relationships at work. When you see someone you do not like or someone who always manages to annoy you, as they approach say these words – peace and harmony exists between _____ and me. Say it over and over in your head and when the person passes you or has finished saying whatever they came to say and are walking away, repeat these words – I expect _____ and me to work in peace and harmony.

Change up the wording if you like to make it more personal for yourself and then give it a try; at first you may not notice any significant change but after a while you will see that person will suddenly start giving you a wide berth or they will simply no longer have anything to say to you and peace and harmony will exist between you both.

I have done this a number of times in a number of different places and it has worked every time. When you make the decision to let the words and actions of others wash over you, you regain control of your emotions and actions. Remember no one can make you angry without your permission. Stop making what is happening about them and make it about you.

Choose the best situation for you, accept that you had temporarily handed them the controls but now you are taking them back, now you are firmly in the driver's seat and from now on it's all about how to make you happy.

PART 4

4 Law of Attraction Tips for Amazing Relationships



Having great relationships, whether at work at home, at school or at church begins with one thing, your thoughts. If you live in victim mode and you walk around telling everyone that will listen how people are always treating you unfairly, how a particular person victimizes you or how your kids are so unreasonable, these experiences will be constant in your life.

The first thing to do is to stop talking about your poor relationships all of the time. We have already talked about the power of words in this e-book so you should by now understand how much of our lives are created by the words we use.

You are not an innocent bystander on the highway of life; neither does life just happen to you. The life you are living has been created solely by your thoughts, feelings, words and actions. By simply changing your thoughts and feelings you can change your entire life and that includes your relationships.

If you want to attract your perfect partner, if you want to get along with your boss, if want to restore love to your marriage or if you want to be able to communicate with your teenager.

The proper use of the law of attraction can help you to bring true balance and peace to your life. By mastering a few simple practices you could be living in total harmony with everyone around you.

Amazing Relationships Tip #1

Clean up your own vibration. Living the law of attraction is very much about taking responsibility. Most people honestly believe that they are responsible for their own lives, up to a point.

For instance if I were to ask a mother if she was responsible for her kids, she would of course say yes. If I were to ask the same mother if she was responsible for the abuse that her boss constantly hurls at her at work most likely she would be very quick to say no and put that responsibility squarely on the shoulders of her boss.

But like I stated at the beginning of this e-book, I want to give you real information for real life, so I am not going to tread lightly here I am going to come out swinging from the hip so some of you may want to brace yourselves for this next statement: -

You Are Responsible for Every Single Thing, Whether Good Or Bad That You Have Experienced In Your Life!

Ok, relax breath, try to remain calm, and do not throw anything at your computer screen. I am only offering you the truth, you are of course completely free to reject this information, delete this e-book and tell everyone that Coach Carol talks a lot of *\$@&.

But when you have finished ranting, raving and hyperventilating the fact still remains that all of your life experiences, good or bad, intentional or unintentional are your doing and your responsibility.

That of course was the bad news; now for the good news: -

Because You Are In Control of All Areas of Your Life, You Can Create Your Life Exactly How You Want It!

Phew, thank goodness for that, I thought I was about to be tarred and feathered. The law of attraction is a wonderful and amazing thing, all we have to do to design our lives the way we want it is to focus on what we really want consistently and with feeling, which includes having perfect relationships.

But what has taking responsibility to do with cleaning up your vibration? They are one in the same. It is not possible to emit a positive vibration towards those whom we want to have a better relationship with if we have not taken responsibility and stop blaming them for the situation.

Taking responsibility in terms of the law of attraction is not about giving in, taking the blame or being the one to compromise. It is about understanding yourself and how the universe works. Do not look at you taking responsibility as a time to blame yourself or beat up on yourself; it is a time for forgiveness and gratitude.

Forgive yourself for emitting a negative frequency and drawing the bad relationship to you and then be grateful that you are able to see the error in your thinking and be grateful that you have the power to change your experiences from negative to positive with a simple shift in your thinking.

Remember the law of attraction states that like attracts like so if your main focus is to point fingers and blame others then you will simply attract more and more instances of that. If you switch your focus to forgiveness harmony and peace that is what you will attract.

The sooner you clean up your own vibration the sooner you can begin attracting the good stuff. If you do not know what kind of vibration you are emitting, just look at what you are attracting. Focus on something good about the person who you want to get along with, think of them in a positive way and do not hold onto any anger or resentment towards them, as this will manifest more of the same.

Emit a new vibration focus on being calm and happy, write a few powerful affirmations, and convince yourself completely that you are already experiencing a wonderful relationship with the person.

Amazing Relationships Tip #2

Control yourself not others. The law of attraction cannot be used to change someone else. At first glance it may seem as though I am contradicting my earlier statements by saying this, but there is method in this seeming madness. It is possible to change the vibration between you and those you want to live more peaceful with, by cleaning up your vibration, by emitting a better, more positive vibration towards them.

However this must not be mistaken for meaning you can change a person's character or make them behave the way you want them to.

Given the power of each and every individual it can be tempting to want to try to control a person, but this is not possible. Every human being has free will to choose what they want for themselves so it is impossible for you to change a person or control them and trying to do so will only result in the person becoming more stubborn and you will attract more people into your life that you will feel you want to change.

So it is better for all if you do not start down this road at all because it must lead to disaster or at the very least, much frustration.

Often in relationships I hear people complaining that their partner does not behave or they do not do what they want them to do. If you have been doing this, now would be a good time to stop. Let go of your controlling thoughts and let the other person be who they want to be. The more you push against them the worse the vibration between you becomes. Stop fighting against your partner and start focusing on the things you love about them.

I know it can be difficult to do especially if you have been going through a tough patch, but if you value your partner and you value your relationship you will find a way to shift your focus from the things you do not like about them to the things you love about them.

Put your energy into raising your own vibration, work on feeling love, compassion, joy and peace. The better you become at raising your own vibration, the better you will be at attracting wonderful relationships into your life.

Amazing Relationships Tip #3

Figure out whom you want. If you want to attract a new partner into your life first figure out exactly what sort of person you want to be with. I am not talking about things like being tall dark and hansom I am talking specifics.

Get a piece of paper, sit down and relax, think about your ideal partner and when the characteristics of this person begin to flow in your mind start writing them down on the paper. Be as specific as you can do not leave any room for ambiguity or else you will receive ambiguous results. After all this is the person you are hopefully going to spend the rest of your life with so make it good.

When you think you have finished the list fold the paper and put it away somewhere safe for a couple of days.

Then go back to the list and read it again, add in all the characteristics you missed the first time as there are bound to be some. Then look over your list again and if you are satisfied re-write it again in a notebook. This time study the list and think about how having someone with those types of characteristics would make you feel.

Then put away the list again and get on with your life. Once daily take out your note pad and read your list, feel the good vibration of how having your perfect partner makes you feel, get lost in the fantasy for a while, then when you are done put back the notebook and proceed with your day as normal.

The next thing to do is spend your time keeping your vibration on a high positive level. Do the things you love to do, spend time with the people you love to spend time with so that you are emitting a vibration of love and joy.

Also you could include some of the teachings of Feng Shui, take a look around your home and see if there is anything that could be blocking you from attracting your perfect partner. I do not claim to be an expert on Feng Shui but I do know that often our homes can be the biggest hindrance to attracting the things that we want.

For instance do you have pictures of you alone around your home? Do you have single items in your cupboards i.e. one particular mug, one particular glass or bowl? Does your home emit a loving frequency, when you enter into your home do you feel love? These situations can literally be repelling love from coming to you; here are a few suggestions to make your surrounding more attractive to love.

Put up some romantic pictures of love or of couples around your home. Remove any pictures of you alone and replace them with ones of you with people you love.

- Add some color to your home; try a nice vase of flowers or an ornament. Add colors that feel warm, loving and even sexy.
- If you want your perfect partner to move in with you then make some space for them, de-clutter your home.
- If you have a single mug bowl or plate in your cupboard that is designated to you what is your perfect partner going to eat and drink from?

These three powerful processes i.e. visualization, raising your vibration and the Feng Shui tips will attract your partner to you very quickly as long as you continue to do the two steps above.

Amazing Relationships Tip #4

Use your spare time wisely. Practice using your free time to focus on the things that you want, in other words if you are performing some mundane task like washing up the dishes, normally you may allow your mind to wonder at these times, but doing so can be more harmful than helpful.

The next time you are doing something that does not require you to be totally focused on the task you are performing use that time to think about what it is you are wanting in your life.

I first started doing this on my monthly bank run. Once a month I go to the bank and pay all my bills, this used to be a very long and painful process for me because the lines would be long and I would spend my time fussing about how much time I am wasting standing up in the queue. But when I started using the time in a more productive way two things happened, firstly I started finding that I was much more relaxed and time would pass very quickly and secondly the time I spent queuing got shorter and shorter.

I even started loading law of attraction mp3 seminars that I had on my computer onto my cell phone so that I could listen whilst waiting and if I was in the process of intentional attraction I would record some affirmations and listen to them instead.

These types of activities help you to remain focused on what you want, the next time you are taking out the garbage think how nice it will be when you have your perfect partner with you and he offers to take out the garbage, or if you are doing some ironing think how wonderful it would be to be doing some ironing and have your perfect partner bring you a glass of wine and offer to help or keep you company.

Use your imagination; I know you can come up with situations that suit you. It is a really fun way to kill boring moments and more importantly it helps you to remain focused on what you want and get you into the habit of thinking positively more frequently.

Amazing Relationships Tip #5

Love yourself. I cannot express the importance of this last tip enough. It is impossible to attract love if you do not love yourself. It is also one of the most challenging things to do. I know you will immediately say ‘but I do love myself’ and I would say if that is the case why are your relationships in turmoil, why haven’t you attracted your perfect partner yet?

In life people treat you how you treat yourself, if you do not treat yourself with love neither will anyone else. If you spend your time belittling or berating yourself, so will others, remember like attracts like.

My friends often say to me ‘one thing about you Carol, you treat yourself really well’, and I do but it is something that I had to learn how to do. I was a very critical person, a perfectionist and I was equally as critical with myself as I was with others. Consequently because of this the people I encountered and the relationships I got into were very critical and judgmental.

When I decided to leave the UK and immigrate to Barbados, I promised myself that many things about me were going to change. I started treating myself with respect and more importantly kindness and forgiveness, my mistakes no longer meant the end of the world. I took myself out for nice lunches and treated myself to trips to day spas, I went to the beach, I went shopping, I had manicures and pedicures, anything and everything that I could think of that made me feel good I did and still do.

Doing this helped me to appreciate myself and value myself, it also helped to discover who I am and this made it easy for me to attract into my life people who loved and cared about me.

If you are not used to being alone and doing things for yourself, start today. Many people find it difficult to be alone and do not enjoy their own company. If you are going to discover your true self and be open to receiving love you must love yourself, and you must love being alone with yourself.

Make it a habit that each week you go off by yourself and do something alone. Go watch a movie, go out to lunch or go window-shopping. It does not matter what you do as long as it is something you enjoy and something you can do alone.

Use that time to get used to being alone with your thoughts and discovering new things about yourself. Use that alone time to focus on the things that you want and how you are improving yourself for your perfect partner to enjoy.

No man/woman is going to stay around a person who does not like himself or herself, in fact if you do not like yourself you will only attract those who do not like you and the treatment you receive from others will always be bad.

So start treating yourself better, start focusing on all of the great things about you and start seeing yourself, as you would like others to see you.

PART 5

5 Law of Attraction Tips for an Amazing Body



Atkins, South Beach, Cambridge, Fit For Life, Pilates, Crunches, Treadmills, Balance Balls, Cross Trainers, Aerobics, Hydroxycut, Zandrine, Fat Burners, Ephedrine, Green Tea, Cabbage Water, Lap Bands, Liposuction, Stomach Staples...etc. All over the world men and woman boys and girls are turning to one or a combination of the items above trying to create an amazing body.

Year after year the diet and fitness industries make billions upon billions of dollars by convincing you that you need to purchase the latest cure and each time you are disappointed by the cure you sit and eagerly await the next big thing that is going to cure you of your weight issues once and for all. But there is one thing that the diet and fitness industries neglect to tell you, Diets Don't Work!

It is a common sense thing really. Look around, do some research and you will soon have a picture of just how much of the western world is over weight. Now if all of these lotions, potions, machines and programs really worked the majority of the western world would be slim fit and healthy.

Ok, so why don't diets work? If you are beginning to have a deeper understanding of the law of attraction it will be easy for you to answer that question.

The law of attraction states that like attracts like, that we attract what we focus on the most and we become what we think and feel about the most.

Then it stands to reason that if a person feels that they need to loose weight, their focus and attention is fixed upon loosing weight, and if their attention is fixed upon loosing weight what will they attract? Yep, having to loose weight. They will live their lives in a constant state of having to loose weight. It is much like needing money to pay your bills, as you fix your thoughts upon needing money; you simply create a deeper and deeper need for money.

If you decide you want to loose weight, you must accomplish two things before you even consider creating a plan of action. Firstly you must learn to love yourself, it will be impossible to loose weight if you do not love yourself, I will explain why later on. Secondly you must forget that you need to loose weight.

If you can accomplish these two things and begin to see yourself as the magnificent child of God, all-powerful being and limitless creator that you are, reaching your perfect weight will be as easy as reaching into the refrigerator for a refreshing bottle of water.

Amazing Body Tip #1

No more insults. One thing that many overweight people do is constantly direct very negative words towards them selves. Every time they pass a mirror and catch sight of their silhouette the insults or negative mind chatter starts. This goes back to what we were talking about in the previous chapter about loving yourself. A huge part of loving yourself is stopping the insults and speaking kindly to your self.

When you see yourself naked stop and look at your body, really look at it and understand that you created it so you can change it. Also when you look at your body, remember that is all it is, a body. It is just the casing that carries your true self, the better wiser higher you. An oyster is not enjoyed because of its shell, it is enjoyed because of what is inside and so it is with you. It is time for you to enjoy yourself because of who you really are and not because of the packaging of you. Stop playing with the bubble rap and get to the gift inside.

Think of all the things you love about your body, your gorgeous eyes, your sexy mouth, your luscious hair and focus on those things. When you catch sight of your reflection do not start criticizing say 'hello gorgeous' look away and move on. I promise you that if you keep that up for a month you will suddenly find that when you look at yourself in a mirror no insult will come to mind, you will have trained your mind to accept the new belief, you are gorgeous.

Start seeing yourself the way others see you. This was a huge one for me. Instead of walking around all day long complaining that I was over weight, I started to look at people when they gave me a compliment and I mean really look into their eyes, to see what they saw in me. What I saw amazed me. I saw true admiration, respect, and love and yes sometimes sex. I found it shocking but very exciting to discover that some men thought I was very sexy, especially when all I could see was way too many bulges.

Instead of laughing it off or immediately countering a compliment with an apologetic insult, I started to smile and say "thank you, I appreciate it" and I truly did, because every time I received a compliment it added more evidence to my mind that I was a worthwhile human being and worthy of respect, admiration, love and sex. Doing this over a period of time really helped me to begin looking at myself in a completely different way and helped me recognize my own value.

Amazing Body Tip #2

Reach your perfect weight. If you are serious about using the law of attraction to reach your ideal size then I highly recommend Perfect Weight by Deepak Chopra. What an amazing little book it is, in just a few short chapters Chopra manages to spell out why traditional weight loss methods do not work and then goes on to give a detailed specific plan on how to discover your true body type, how to eat correctly for your body type and how to exercise correctly for your body type.

This book resonated with me because it is not a weight loss book, notice the title, it is not called the Chopra Diet or Loose Weight with Deepak.

No, it is much more than that, it is a life style change and this is in total harmony with the teachings of the law of attraction. The law of attraction is not about jumping into action to make things happen it is about changing yourself on the inside so the things around you on the outside change automatically.

Amazing Body Tip #3

Do it for you. If your mother wants you to loose weight, tell her to _____. If your father wants you to loose weight tell him to _____. If your extended family, friend's, co-workers or neighbors want you to loose weight gather them all together and tell them to _____.

Basically do not go after perfect weight because others want you to. Perfect weight cannot be obtained because it is the wish of someone else; it has to be your wish. If you are over weight and yet you are active and healthy and you are happy in your own skin then the others can talk till the cows come home.

Do no try to live up to what other people think is the right standard for you. They cannot make that call for you, only you can do that. If you follow their commands and loose weight you will still not be happy and most likely you will put back on the weight anyway because it is not what you wanted in the first place. So politely or not so politely if it is necessary, tell your well-meaning family and friends to back off and leave you alone, you are happy and if you are happy they should be happy for you.

A few years ago two of my weight obsessed Aunt's came over to visit, it got to the point where I could no longer take their well meaning suggestions for how I should go about loosing weight and I told them that I was not trying to loose weight and I wanted to gain weight so that I could become a female sumo wrestler. Needless to say this left them rather bewildered and concerned, so they immediately turned their attention to my mother to try to come up with a plan to save me from myself.

I continued telling people that I was trying to reach sumo size for quite a few years until I realized that it was a cop out.

I was justifying my weight, albeit in a rather bizarre way. I then changed my focus and stopped apologizing. When anyone told me I needed to loose weight I thanked him or her for the input and told him or her that I was perfectly happy the way I was. It did not take long before I noticed that people stopped commenting about my weight all together.

The universe responds to your strongest, feelings, words and actions.

I was emitting a frequency of love and acceptance of me, so wherever I went people loved and accepted me and did not see the over weight body that I was previously so obsessed by.

Amazing Body Tip #4

Get off your butt. No amount of visualization, affirmations or positive thinking is going to help you if you sit in front of the TV night after night stuffing your face with potato chips and popcorn. There must be some activity in your life. It does not mean that you have to go and join the skinny people gym and face the staring and sniggering. It just means you have to put in some effort. In Deepak Chopra's book Perfect Weight he mentions walking for 30 minutes a day. You could start by walking for 20 minutes twice a week and build up to longer more frequent walks.

But it does not have to be walking; your activity could be playing with your dog in the park, going swimming, using an exercise bike at home, running around with your kids in the yard or raking up leaves in the garden. It does not matter what you do, just do it for at least 30 minutes and do it frequently, daily is best.

Also make sure it is something that you enjoy doing; you will not keep it up other wise and do not view it as the exercise that you have to do in order to loose weight, think of it as the activity you love to take part in daily because it makes you feel good.

Amazing Body Tip #5

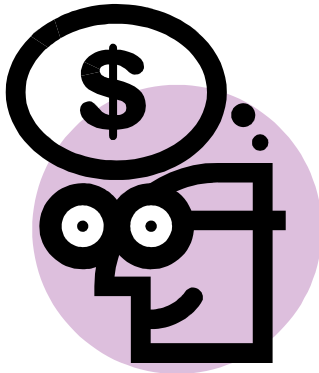
Be patient. The amount of time it takes to reach your perfect weight will depend upon several things like, your level of belief; you're past experiences and your level of vibration. So no one can tell you how quickly you will reduce your weight. Be patient, kind and loving to your self this will definitely speed up the process. Do not jump on the scales everyday to check to see if you are really loosing.

By doing this you're emitting a frequency of lack of belief, you are telling the universe that you do not believe that it will deliver your perfect weight to you, so that will become your experience.

Relax; follow the tips in this e-book and in Deepak Chopra's Perfect Weight. Devise a plan for yourself, use affirmations, visualize yourself at your perfect weight and most importantly enjoy the process, it is not a test of speed but one of determination. If you are truly focused on the outcome of your request, if you remain a vibrational match for your desire and if you make healthy choices for yourself the result must be perfect weight.

PART 6

A Few Words About Visualization



Visualization is one of your most powerful allies; it can help to speed up the manifestation process 100%. But many people have the idea that visualization is some sort of spiritual practice that takes many years to master.

Shall I tell you who are masters of visualization, children. Have you ever watching young children playing; especially when they are alone, they have the ability to take themselves off into an amazing fantasy world where they are the ruler of all. The cartoon Calvin & Hobbes comes to mind. Calvin has the most wonderful powers of visualization and imagination.

Can you become like a child again? Can you imagine things the way you used to when you were a kid? If you can then you will have mastered visualization and imagination and if you practice them regularly you will be well on your way to manifesting everything you want in your life.

If you want to loose weight visualize yourself as thin, or get a picture of yourself or someone else that is thin and imagine that person is you.

If you want to attract a partner, visualize yourself walking hand in hand with that person, picture them smiling at you as you wake up in the morning and imagine them having your breakfast ready for you when you come down stairs.

If you want to attract a great job/career, visualize yourself in your new job, see yourself interacting with your co-workers and having successful meetings with management.

If you want to attract money, visualize yourself with a million dollar life style, imagine where you will live, what your house will be like and where you will go on vacation. Picture yourself enjoying your lifestyle and loving being wealthy.

If you want to attract perfect health, visualize your self as walking around in a strong, flexible and healthy body. See yourself running up a flight of staires or chasing your grand children around in the yard. See your hands fingers and joints a fluid and strong and see yourself as a picture of good health.

Visualization is your friend and I urge you to use it to achieve success faster, and remember it is a lot of fun to do. All of the techniques you engage in, all the tips you try and all of the tools you use should be enjoyable, if they are a chore or if you do not get pleasure out of them, do not use them as you will be wasting your time. There are lots of tips available in this e-book so if one process is not for you simply try another, and if you want more information or more personalized help go to my website <http://www.missingingredientcoaching.com>

PART 6 (a)

A Few Words About Limiting Beliefs

This section of the e-book was added after the entire book had been written edited and converted to a PDF document. I decided to return and add this section because it occurred to me that there are going to be some people who upon reading this e-book find that it is of no help to them. It is my experience that the two main reasons for people failing to successfully implement the law of attraction into their lives are, not having enough knowledge on the subject and having limiting beliefs.

I believe that now you have read this e-book you have the necessary knowledge to begin changing your world, and you also have the option of visiting my website and blog <http://www.missingingredientcoaching.com> <http://law-of-attraction-help.blogspot.com> for more information or contacting me directly.

But if you are still unsuccessful in a particular area of your life or if you seem to get stuck when it comes to manifesting a particular thing then most likely you have some limiting beliefs that need to be cleared before you can move forward.

What Are Limiting Beliefs?

These are the ingrained beliefs that are buried in your subconscious mind, that are usually opposing your conscious beliefs. For example, let's say you want to manifest more money in your life, you get clear about how much money you want, you visualize yourself with the money, you act as if you already have the money and you construct positive affirmations.

But still the money is not showing up. You believe in the law of attraction you have seen it at work in all other areas of your life; you have reached the point where you can manifest just about anything, so why can't you manifest money? One day you are walking through the mall and you see a great shirt that you would like to buy, it's the size that you want and it's the color that you want, this shirt is calling to you but you look at the price tag and walk away from the shop because it is way too much money just for a shirt.

Limiting belief alert! Can you spot what the underlying belief might be? On the surface this action tells me that you do not think you should spend large amounts of money on clothes.

But that is really just the tip of the iceberg, the thing about limiting beliefs is that they usually come in layers and the most frivolous are usually on the surface.

In the example I have just given, the limiting belief '*you should not spend a lot of money on clothes*' is the surface belief, it is not likely that you were raised with this belief or developed it in later life, so you need to dig a little deeper to find out what is really going on in your subconscious mind. This type of surface limiting belief is really an indication of the more serious underlying beliefs; can you decipher what they might be?

The real limiting beliefs here are: -

You should not spend so much money on yourself
You are not worthy of having so much spent on you

Can you see how digging just a little bit deeper can reveal some beliefs that you have most likely carried around with you most of your life?

How to Discover Limiting Beliefs

So now that you know what limiting beliefs are the next thing you need to know is how to uncover them. Often you will realize that you have limiting beliefs because of the results that you are getting in your life but you may not know what those underlying beliefs are. It would be wonderful if you could consciously delve into your subconscious mind but unfortunately this is not possible so you have to find a way to get your subconscious mind to give up the information to you.

Over a period of a few years I began combining various different methods looking for a short cut to uncovering my limiting beliefs. There are many resources available for getting rid of limiting beliefs but all of these resources assume that you already know what your limiting beliefs are. If you have been continuously struggling with a particular area of the law of attraction despite following the creative process to the letter, most likely you have a limiting belief that your conscious mind does not know about.

I narrowed my research down to a form of questioning that can draw the necessary information from your subconscious mind by simply answering a few questions.

Here is an example of how to uncover limiting beliefs about money using my questioning method.

Limiting Money Beliefs

Q, What am I failing to manifest?

Money

Q, How does this situation make me feel?

Fearful, angry, frustrated and disgusted.

Q, Why am I feeling this way?

Because I feel like a failure.

I feel like the things my teachers said about me never amounting to anything are true.

I'm angry because my sister is successful and everyone always says 'why can't I be more like her.'

I am disgusted at myself for allowing this situation to happen again.

I am afraid of loosing what I have i.e. my car/home.

I am frustrated because I am not making any money with my online business.

Q, Which of the previous statements do I feel most strongly about?

Because I feel like a failure.

I feel like the things my teachers said about me never amounting to anything are true.

Q, When I read these statements how do I feel?

Disgusted with myself for being a failure.

Q, What is my true limiting belief?

I think I am a failure.

Q, Do I think that I can attract what I want whilst having a belief like this?

Not likely.

Q, Why not?

Because I cannot manifest something good for myself when deep down I don't feel good about myself

Q, What am I going to do now that I know what my limiting beliefs are?

I am going to use EFT and affirmations to help rid myself of these beliefs.

Now you see that we have arrived at the real limiting beliefs. By simply questioning yourself you can root out the real thoughts that are hindering your progress.

Sometimes it does not take so many questions to get to your real beliefs; sometimes after just the first two the answer becomes crystal clear. But each and every one of us is different and therefore you may need to question yourself more or less than the next person.

This method of asking yourself questions can be used no matter what area of life you are struggling with. Just to make sure you understand how these questions can be applied anywhere let me give you another working example.

Limiting Career/Job Beliefs

Q, What am I failing to manifest?
A new job.

Q, How does this situation make me feel?
Resentful, frustrated and angry.

Q, Why am I feeling this way?
Because everyone I went to college with has a great job.
It's not fair that I have better grades than some but I cannot get a job.
I am frustrated because I have been to twenty interviews without success.
I see people that are younger than me getting jobs.

Q, Which of the previous statements do I feel most strongly about?
It's not fair that I have better grades than some but I cannot get a job.

Q, When I read this/these statement(s) how do I feel?
I feel jealous of others getting good jobs.

Q, What is my true limiting belief?
I am jealous of others manifesting something I do not have.

Q, Do I think that I can attract what I want whilst having a belief like this?
Definitely not.

Q, Why not?

Because I cannot manifest a job for myself if I resent others who have jobs, I am blocking my own good from coming to me with this negative feeling.

Q, What am I going to do now that I know what my limiting beliefs are?
I am going to look into EFT and some other energy healing methods.

It has been my experience that the questioning method I have outlined here is one of the fastest ways of discovering your limiting beliefs, but as with all techniques pertaining to the law of attraction, trial and error is sometimes necessary. You might find that as you become more skilled at uncovering your subconscious beliefs you use different questions, the point is to keep an open mind and do not be afraid to experiment, as I said before, one size does not fit all.

So now its your turn; if you are struggling with a particular area of your life and you believe you have some limiting beliefs, get a note pad and pen, make sure you have some time to spend alone and answer the questions below. To get the most out of these questions remember to relax, take your time and be brutally honest with yourself.

1. What am I failing to manifest?
2. How does this situation make me feel?
3. Why am I feeling this way?
4. Which of the previous statements do I feel most strongly about?
5. When I read this/these statement(s) how do I feel?
6. What is my true limiting belief?
7. Do I think that I can attract what I want whilst having a belief like this?
8. Why not?
9. What am I going to do now that I know what my limiting beliefs are?

How to Remove Limiting Beliefs

Now that you have discovered what your limiting beliefs are, you now need to know how to get rid of them. There are many methods of removing limiting beliefs out there, such as the Sedona Method, EFT (emotional freedom technique), NLP (neuro-linguistic programming) and Ho'oponopono and whilst I whole heartedly believe in and use these methods they can be time consuming because it is necessary to learn each of the methods before you can effectively put them to use, and I know that not everyone is interested in learning so many different techniques.

So how can you remove your limiting belief quickly and easily without spending months learning complex techniques? Use affirmations, now I should just say that I am a strong believer in EFT and Ho'oponopono, these techniques are very powerful and they are long term, so ideally if you want to eliminate your limiting beliefs on an energetic level these methods are wonderful.

But like I said you may not want to get that technical about clearing your negative beliefs. So affirmations are the quickest solutions I can think of assuming you know how to use affirmations quickly. Earlier in this e-book I gave you some tips for successfully using affirmations and I would like to just give you a few more pointers to make sure you are clear about writing really powerful and effective affirmations.

Tip # 1

Write your own affirmations; they will be much more personal and therefore much more effective. Affirmations should invoke strong emotions within you. They should get you excited, make you happy, and make you smile, bring on a warm fuzzy feeling inside or bring out some other strong positive emotion. But many people find affirmations useless because they are using words written by someone else and the words simply do not ring true for them.

Tip #2

If you must use affirmations written by someone else, use them as a guideline only. It is helpful when you are getting started to use pre-written affirmations but once you understand how to write them, your affirmations will be much more powerful if you write them yourself.

Tip #3

Write your own affirmations and then focus on how they make you feel when you say the words.

If they do not bring out any positive feelings then they are not powerful enough and you should look at changing around one or two words and see if that invokes any good feelings. If your affirmation brings out negative emotions then you need to start over, look at making the affirmation more general.

Tip #4

Be specific in your wording; try to get to the heart of your challenge instead of skirting around the outside. For instance if you were to say, “I am confident and happy” this may immediately bring up negative mind chatter and you may hear that little voice inside of your head saying “that’s not true you are not confident and you are unhappy”.

So instead, make the affirmation more true to your circumstances. If you know you have trouble being confident in certain situations, you could use an affirmation like “I am learning to be more confident at work” or “little by little I am increasing my happiness”. You will find less resistance to these words and as your confidence grows you can then move onto making your affirmations even more positive by removing words like “learning to” and “becoming more”.

Tip #5

Be clear about what you are using the affirmation for. There is no sense in using an affirmation to boost your moral when really you are struggling with your self-esteem. Be clear and be specific about what you want to change and why. This will help you to write more specific focused and powerful affirmations.

By following these 5 simple tips you will be well on your way to writing life-changing affirmations that will eliminate your deepest limiting beliefs and set you on a path to lasting happiness and success.

PART 6 (b)

A Few Words About Feeling Good

Feeling good is simply one of the fastest ways to see the Law of Attraction in action in your life. If you start to feel good the universe will immediately begin aligning itself to bring you your desires.

As long as you maintain that feeling it is possible that everything you want will show up in your life with lightening speed.

Unfortunately many people still do not understand the importance of this very simple practice and they go from seminar to seminar, book to book and guru to guru because they think, just as I did at one time, that there is something that they do not know, so they find themselves continually searching for the Missing Ingredient, the one elusive piece of information that will take them to where they want to be.

You may be wondering what feeling good has to do with the creative process. Most likely you were taught that all you have to do is ask, believe and you will receive. Although these three steps do indeed represent the creative process, there are other steps you can take to make this process more powerful and more enjoyable, and that is really what it's all about.

Sometimes when we want something we get so wrapped up in wanting it that we forget to feel good about the fact that what we want is on it's way to us. Merely wanting something and not backing up that want with joyous feelings of expectation can slow down the manifestation considerably and sometimes hinder it completely. It is not enough to just think that you want something; you must have strong positive feelings about what you want also.

Your vibration is affecting your reality via the universe at all times, if your vibration is good or happy, the universe will mirror your vibration back to you and everything you experience will be good and happy. But if your vibration is sad, gloomy or fearful you will experience situations that are sad, gloomy and make you fearful.

Have you ever been in the situation where you set an intention and after you set that intention what manifested was the exact opposite of what you wanted? I am sure you have, did you wonder why you manifested the exact opposite of what you wanted? Did you think that you must have done something wrong or missed something out of the creative process?

Let me explain what went wrong in simple terms, you did not have good feelings behind your intention.

When you intend to manifest something and do not have happy positive feelings to back up your intention you do not necessarily have enough power to manifest what you want and often you will receive the opposite instead.

It's all about feeling good.

A common mistake that people make in terms of feeling good and the creative process is looking outside of them to find happiness. Often people think that if they get a better job or earn more money or get a bigger house that they will be happy. The truth is if you are not happy with what you have now you will not be happy with what you get. This is why it is so important to feel good now. If you can learn how to be appreciative and happy with your life now, what ever comes along in the future will simply enhance your life, and give you more things to be happy about.

Conclusion

We have come to the end of this report on The Law of Attraction for Regular People. I hope you have enjoyed reading it as much as I have enjoyed writing it for you. I have complete faith that if you follow the instructions in this report you will soon be feeling happier, healthier more optimistic and you will begin to allow many wonderful experiences to come into your life.

I have offered you as much information as I can about how you can begin to attract more of the things that you want into your life, now the rest is up to you. It is now time for you to put these strategies into practice in your daily life, if you leave this report sitting on your desktop and never use it you will continue to produce the same results you have always produced.

Even if you think that the ideas presented here are too simple to possibly work, look at the results you have received thus far and give it a try. Keep your mind open to the possibility that your search could be over.

Look at it this way, what if everything you ever wanted could be yours by simply reading an e-book and applying its principals, wouldn't it be worth it to see your dreams realized?

All you need is the motivation to make the simple processes in this e-book part of your daily life and over time you will begin to see the magic happen.

All of the doors that were previously shut tight will begin to open, all of the opportunities that used to come to others will begin to come to you and all of the success that you could only dream of before will become your reality.

I want you to take this information, study it, no devour it, and absorb it from top to bottom and inside out, know it like the back of your hand so that there is absolutely no doubt about what you have to do and then I want you to take action.

And remember, I am always available to help you so if you have any questions just contact me and I will do my best to help you achieve success.

Once again thank you so much for taking the time to read this report, all that remains now is for you to take action because as I always say 'the more you use the tips in this guide the less you will have to use the tips in this guide. Practice makes perfect'.

Many Blessings

Coach Carol

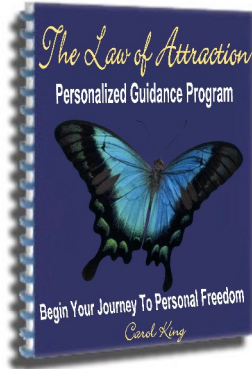


P.S. Remember to check out my other e-books that will help you to achieve greater success in specific areas of your life. Visit my website for more information <http://www.missingingredientcoaching.com>

THE END

Other Services

The Law of Attraction-Personalized Guidance Program



The Missing Ingredient Law of Attraction Personalized Guidance Programs are designed to help you move forward onto the path of magnificent manifestations. They are designed to work for YOU!

My guidance programs give you your very own unique personal plan of action. I am offering you information, tools and worksheets refined into a Work Smart Not Hard process. Every program sold is completely UNIQUE to the owner. This is not a *one-size fit all system*, your Law of Attraction Personalized Guidance Program is written Exclusively For You!

Come and find out about this One of a Kind Program Today!

<http://www.missingingredientcoaching.com>

Law of Attraction Tips-How to Write Powerful Focused Affirmations



Do have trouble writing your own affirmations? Have you tried using generic lists but found them lacking in power and focus? Then you need this best selling guide “**How To Write Powerful Focused Affirmations**”.

In this guide you will learn

- Why generic affirmations do not work
- Why you should be writing your own affirmations
- How to craft your own powerful affirmations
- Why you should change your affirmations

And Much More.

Most people do not know how to use affirmations correctly and therefore find them to be of little or no use. This guide will explain exactly what affirmations are, why they are so powerful and how to use them correctly to get the results you desire.

So stop struggling with general affirmations that do not work and start creating your own powerful affirmations and get the success that you truly deserve.

Visit the Missing Ingredient Coaching website and grab your copy of this amazing e-book TODAY!

www.missingingredientcoaching.com

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The fundamental concept is that you should NOT rely solely upon the information or opinions you read. Rather, you should use what you read as a starting point for doing independent research on the methods. Then judge for yourself the merits of the material that has been shared in this e-book.

The Law of Attraction for Regular People
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