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The Seven Spiritual Laws of Success A Practical Guide to the Fulfillment of Your Dreams *Amber-Allen Publishing* In **The Seven Spiritual Laws of Success**, Deepak Chopra distills the essence of his teachings into seven simple, yet powerful principles that can easily be applied to create success in all areas of your life. Based on natural laws that govern all of creation, this book shatters the myth that success is the result of hard work, exacting plans, or driving ambition. Instead, Chopra offers a life-altering perspective on the attainment of success: Once we understand our true nature and learn to live in harmony with natural law, a sense of well-being, good health, fulfilling relationships, energy and enthusiasm for life, and material abundance will spring forth easily and effortlessly. Filled with timeless wisdom and practical steps you can apply right away, this is a book you will cherish for a lifetime, for within its pages are the secrets to making all your dreams come true. "A must-read for anyone who missed *The Prophet*, by Kahlil Gibran." — *The New York Times*

Extended Summary Of The 7 Spiritual Laws Of Success: A Practical Guide To The Fulfillment Of Your Dreams - Based On The Book By Deepak Chopra *Libros Mentores via PublishDrive*

Extended Summary Of The 7 Spiritual Laws Of Success: A Practical Guide To The Fulfillment Of Your Dreams - Based On The Book By Deepak Chopra You can't succeed no matter how hard you try? You don't know what to do to achieve the success you crave? Apply this seven laws and they'll show you the path to success. About the original book The central idea of "The Seven Spiritual Laws of Success" is the close relationship between spiritual development and success in all areas of life. The starting point is that success depends on much deeper and spiritual factors than effort and work. It shows that it's important to attend to our connections in order to benefit from the positive energy that flows in the world. What will you learn? You'll discover that your power to succeed lies in your spirituality. You'll recognize the value of positive thinking, and that everything good you deliver to the universe will return to you increased. You'll experience the power of intention, which eliminates obstacles and helps you move on. You'll learn to enjoy every moment of life and be happy. Content Chapter 01: What Is The First Law Of Pure Potentiality? Chapter 02: What Is The Second Law? Chapter 03: What Does The Third Law Of Karma Consist Of? Chapter 04: How Does The Fourth Law Of The Minimum Effort Work? Chapter 05: How To Apply The Fifth Law Of Intention And Desire To Our Daily Life? Chapter 06: What Does The Law Of Discharge Consist Of? Chapter 07: What Is Life's Purpose? Chapter 08: Which Are The Three Components Of The Law Of Dharma? About Mentors Library Books are mentors. Books can guide what we do and our lives. Many of us love books while reading them and maybe they will echo with us a few weeks after but 2 years later we can't remember if we have read it or not. And that's a shame. We remember that at that time, the book meant a lot to us. Why is it that 2 years later we have forgotten everything? That's not good. This summary is taken from the most important themes of the original book. Most people don't like books. People just want to know what the book says they have to do. If you trust the source you don't need the arguments. So much of a book is arguing its points, but often you don't need the argument if you trust the source you can just get the point. This summary takes the effort to distill the blahs into themes for the people who are just not going to read the whole book. All this information is in the original book. **The Seven Spiritual Laws of Success A Practical Guide to the Fulfillment of Your Dreams (16pt Large Print Edition) BASED ON NATURAL laws** which govern all of creation, this book shatters the myth that success is the result of hard work, exacting plans, or driving ambition. In **The Seven Spiritual Laws of Success**, Deepak Chopra offers a life-altering perspective on the attainment of success: Once we understand our true nature and learn to live in harmony with natural law, a sense of well-being, good health, fulfilling relationships, energy and enthusiasm for life, and material abundance will spring forth easily and effortlessly. Filled with timeless wisdom and practical steps you can apply right away, this is a book you will want to read and refer to again and again. **The Seven Spiritual Laws of Success A Practical Guide to the Fulfillment of Your Dreams The Power of Now A Guide to Spiritual Enlightenment** *New World Library* To make the journey into the Now we will need to leave our analytical mind and its false created self, the ego, behind. From the very first page of Eckhart Tolle's extraordinary book, we move rapidly into a significantly higher altitude where we breathe a lighter air. We become connected to the indestructible essence of our Being, "The

eternal, ever present One Life beyond the myriad forms of life that are subject to birth and death." Although the journey is challenging, Eckhart Tolle uses simple language and an easy question and answer format to guide us. A word of mouth phenomenon since its first publication, *The Power of Now* is one of those rare books with the power to create an experience in readers, one that can radically change their lives for the better. *Creating Your Dreams & Making Them Real! A Coaching and Mentoring Guide* *AuthorHouse* *Creating Your Dreams and Making them Real-* what an exciting title! Yes it is, and too many of us fall short on both. Using your imagination to create the person you want to be, developing all your God given talents, and creating an environment that is healthy for you and your loved ones, isn't this a worthwhile pursuit? These powers are latent in each and every one of us. This program has been designed to encourage and enable you to develop your abilities, and to use your mental powers to create a better present and future for you and those around you. It is a call to Action! A call to self-discipline! And a call to positive habit formation! We all have habits: Many are useful and desirable, some need to be modified, some have to be done away with all together. This program has been written to guide, foster, and bring about improved personal performance. My earlier work, *INSPIRATION AT WORK**, set in motion a means to successfully improve one's personal performance. With this program, *Creating Your Dreams and Making Them Real*, I present a series of inspiring daily reflections, exercises, and action plans that will help you reflect positively on your own life experiences and evaluate your current performance level. You can change your performance level in every area of your life by applying the mental exercises in this program on a regular and selective basis, and by implementing your own action planning'. Move forward! Do it now! Commit to make this part of your personal toolkit' to be used to improve your life and the lives of those around you! * Ruotolo, Robert A. *INSPIRATION AT WORK: Igniting A New Entrepreneurial Spirit in the Individual and the Corporation*. Dona Nobis Pacem Press, 1997. *The Seven Spiritual Laws of Success A Practical Guide to the Fulfillment of Your Dreams: Easyread Super Large 24pt Edition* *ReadHowYouWant.com* **BASED ON NATURAL** laws which govern all of creation, this book shatters the myth that success is the result of hard work, exacting plans, or driving ambition. In *The Seven Spiritual Laws of Success*, Deepak Chopra offers a life-altering perspective on the attainment of success: Once we understand our true nature and learn to live in harmony with natural law, a sense of well-being, good health, fulfilling relationships, energy and enthusiasm for life, and material abundance will spring forth easily and effortlessly. Filled with timeless wisdom and practical steps you can apply right away, this is a book you will want to read and refer to again and again. *The Seven Spiritual Laws of Success A Practical Guide to the Fulfillment of Your Dreams: Easyread Super Large 20pt Edition* *ReadHowYouWant.com* **BASED ON NATURAL** laws which govern all of creation, this book shatters the myth that success is the result of hard work, exacting plans, or driving ambition. In *The Seven Spiritual Laws of Success*, Deepak Chopra offers a life-altering perspective on the attainment of success: Once we understand our true nature and learn to live in harmony with natural law, a sense of well-being, good health, fulfilling relationships, energy and enthusiasm for life, and material abundance will spring forth easily and effortlessly. Filled with timeless wisdom and practical steps you can apply right away, this is a book you will want to read and refer to again and again. *The Spontaneous Fulfillment of Desire Harnessing the Infinite Power of Coincidence* *Harmony* The best-selling author of *How to Know God* and *The Seven Spiritual Laws of Success* explains how to access the everyday coincidences of life and how to understand and reconnect with the underlying field of infinite possibilities in order to fulfill one's deepest desires and transform one's life. Reprint. 150,000 first printing. *Attraction Based Consciousness A Guide to Mastering the Energies of Love* *BalboaPress* The Beatles told us "Love is all you need." But did they realize it is the secret to manifesting all you want to be, do, and have? We are vibrating energy beings in an attraction-based universe where the Law of Attraction rules. If you vibrate love, if you master the energies of love, you can attract vibrant health, abundant wealth, loving relationships, fulfilling work, and spiritual enlightenment. This book guides you through the simple steps to loving unconditionally. The practice takes dedication. The rewards are boundless. *Diet for a New Life Anthology Expert Advice on Weight Loss and Wellbeing* *Sageera Institute LLC* *A Practical Guide for Healing the Soul* *KaRu Enterprises* *Behind the Therapy Door Simple Strategies to Transform Your Life* *Central Recovery Press* Dr. Randy Kamen takes you into the stories of six women whose search to find greater life satisfaction paves the way for readers to do the same. This is a journey to acquire health-enhancing tools and strategies and learn essential life lessons that will help you develop more loving and sustainable relationships and lead you to your best possible life. *The Journey of a Humbled Heart A Life Guide for the 21st Century* *BalboaPress* Jay Goldfarb is a modern day philosopher, professional Life Guide, and motivational speaker who, as a result of his own extremely intimate spiritual journey, helps guide others to achieving what Jay calls, a "Humbled Heart". You have the power to create absolutely anything you want in your life, including a life of purpose. Your natural state is one of infinite abundance. By connecting with your natural state you will naturally achieve what I call "a Humbled Heart". "Although we all define it differently and we all go about finding it in our own very intimate and unique way; I believe we all have this innate desire to achieve a Humbled Heart. Simply put, Jay describes a Humbled Heart as "a deep level of peace and happiness that touches you at your core. It is the spiritual essence of who you are". Jay shares his gifts through insightful concepts and philosophies, as well as providing the tools and exercises that has helped guide numerous individuals along their personal journey towards attaining a deeper level of peace and happiness, and manifesting the life they were meant to live. Jay shares this methodology though lectures, seminars, workshops, and open forum discussions that helps people to empower their lives with astonishing results. Jay shares very specific concepts, philosophies, and tools with fun improvisational exercises that will open your mind and broaden your perspective. Jay applies his unique methodology to helping individuals, couples, and groups achieve, develop, and embrace a deeper level of peace and happiness, a heightened sense of spiritual awareness, a better understanding of "self", and ultimately to manifest a purposeful life. If living the life you dream about is appealing to you, than this book is a must read. For more information on services call Jay

at: 513-312-4579. E-mail at: jay@journeyofahumbledheart.com www.journeyofahumbledheart.com Faith Physics A New Theory of Everything *Universal-Publishers* Faith Physics is a new Theory of Everything (ToE) combining ancient spiritual wisdom and modern quantum physics findings to deliver a belief system that is both intellectually sound and spiritually satisfying. It maintains an ineffable Supreme Consciousness is the catalyst of all material creation as a 'great thought' through pure white light in zero-point morphogenetic quantum fields. Faith Physics claims that consciousness is the cornerstone of base reality existing in a timeless state of now. By using the natural cause-and-effect laws of classical physics, the uncertainty principle of quantum mechanics, and dark matter/energy, Faith Physics posits pure consciousness manifests physical creation in a remarkable myriad of forms. In the wave/particle duality paradigm revealed by quantum mechanics, conscious observation transforms light energy into particulate physical matter as condensed or frozen light in accordance with Albert Einstein's famous $E=mc^2$ equation. Faith Physics teaches us we exist and thrive in a unified participatory universe emanating from an eternal Supreme Consciousness source, and we are not just a product of random-chance evolution. In the 21st century, religion and science are reaching an enlightened consensus that pure metaphysical consciousness is perpetually painting a picture on the space-time continuum canvas depicting a miraculous cycle of physical creation, entropy, and cosmic rebirth. Living from the Heart *Unlimited Publishing LLC* Greenia, a massage therapist, explores subtle energy healing and balancing in the new millennium. By blending discoveries from quantum physics with concepts of the powerful energies of the heart center, this book emphasizes the importance of energy therapies. Fully returnable. The Seven Spiritual Laws of Success A Pocketbook Guide to Fulfilling Your Dreams *Hay House, Inc* This is a book you will cherish for a lifetime, for within its pages are the secrets to making all your dreams come true. Based on natural laws that govern all of creation, this book shatters the myth that success is the result of hard work, exacting plans, or driving ambition. Instead, Deepak Chopra offers a life-altering perspective on the attainment of success: When we understand our true nature and learn to live in harmony with natural law, a sense of well-being, good health, fulfilling relationships, and material abundance spring forth easily and effortlessly. Filled with timeless wisdom and practical steps you can apply right away, this pocketbook edition of Chopra's classic bestselling book makes it easy for you to read and refer to again and again. Carry it with you in your purse or your pocket, and in less than one hour, learn the seven powerful principles that can easily be applied to create success in all areas of your life. Sail Into Your Dreams 8 Steps to Living a More Purposeful Life *Llewellyn Worldwide* An inspiring guide to living a joyful, fulfilling life helps individuals assess their lives and eliminate toxic relationships, emotional trauma, physical clutter, and debt, making space for new experiences that awaken their passion and spirit. Original. I Must Be Dreaming A Guide to Interpreting Your Dreams *NewLeaf* This guide shows the reader how to gain a deeper understanding of their dreams, by providing techniques on how to remember and record dreams, focus and direct dreams, and interpret them. Deepak Chopra contributes his own insights on sleep and the dream states. Earn More, Stress Less How to attract wealth using the secret science of getting rich Your Practical Guide to Living the Law of Attraction *John Wiley & Sons* If you heard there was a way to attract all the money you want, would you try it? It doesn't matter what's happened to you in the past or what your current situation is - you can live the life you want and never worry about money again. Earn More, Stress Less is your practical guide to living the law of attraction. It maps out a series of well-defined, realistic steps to help you get as much money as you want and put an end to financial worries. Successful people have been using these principles for hundreds of years. By following the powerful and eminently sensible steps outlined here, you can use the science of getting rich to realise your financial dreams too. You'll discover: A clear explanation of how the law of attraction works A way to decide exactly how much money you want Simple, clear actions to start attracting wealth Ways to stop worrying about money Easy steps to develop a daily routine to maintain your cash flow Examples, exercises, templates and how-to's Case studies of people who have used the Earn More, Stress Less method to great success Are you ready to give it a try? "An astonishing guide to attract all the money you want and transform your life. Highly recommended." Dr. Joe Vitale contributor to The Secret and bestselling author of The Key and The Attractor Factor. Creativity Revealing the Truth about Human Nature *First Edition Design Pub.* Creativity: Revealing the Truth about Human Nature is the ultimate resource guide in the universal and inevitable journey of self-discovery - of Know Thyself. A compendium and synthesis of soul-stirring wit and wisdom on human nature, the book uncovers: • What it really means to be human. • What your own life is truly about. • What gives it meaning and enduring significance. In words that speak to everyone personally, deeply, directly, Creativity: Revealing the Truth about Human Nature brings us in touch with innermost beings - our unique capabilities, interests, values, goals, passions, and motivations - so we can use that understanding to build lives that are meaningful, genuinely successful, and personally fulfilling. The crux of the book and primary reason for its writing is answers to those persistent life questions everyone inevitably encounters at some stage of his or her personal growth and development: • Who am I as a person? • What do I desire most in my life? • What brings me the greatest joy when I do it? • What are my special abilities, values, and interests? • What do I particularly like to contribute to society and the world? The goal is to empower the reader with knowledge of his or her special, incomparable, indispensable, and irreplaceable abilities, as well as responsibility to contribute those abilities in building the type of global society we all want to live in, as well as in shaping the viable and sustainable future we want to proudly leave for posterity. Sobering, deeply compelling, at times convicting, Creativity: Revealing the Truth about Human Nature makes a valued and treasured companion in the tortuous journey of self-discovery, personal development, and career choice! Published and publicly-accessible reviews describe Creativity: Revealing the Truth about Human Nature as: • "a truly phenomenal and path-breaking book" • "defines the path to creating a global positive future for generations to come" • "engaging and thought provoking" • "may well help readers to begin the important journey: of 'Know Thyself'" • "a compelling read ... timeless and useful ... has a universal appeal ... makes us

ponder the purpose of our existence” • “throws light on our innermost nature and helps those who are seeking to reach their full potential and give the world their best” • “an excellent read ... masterfully illustrates how imagination and creativity drive human evolution and how we can use these as tools to create a better future” • “outstanding book” • “one of the best books I have read!!!”

Summary of Deepak Chopra’s The Seven Spiritual Laws of Success by Swift Reads *Swift Reads* **The Seven Spiritual Laws of Success: A Practical Guide to the Fulfillment of Your Dreams (1994)** by bestselling author and New Age thought leader Deepak Chopra outlines essential spiritual wisdom for how to achieve success. Success is not simply about acquiring prestige and wealth... Purchase this in-depth summary to learn more.

What Are You Hungry For? The Solution to Permanent Weight Loss, Well-Being and Lightness of Soul *Random House* What do you crave? For many of us, sugary treats, fatty meals and high-calorie snacks are impossible to resist. And yet, reaching the bottom of the biscuit tin rarely leaves us feeling satisfied. What if we are actually hungry for something much more fulfilling? In this groundbreaking book, bestselling author and endocrinologist Deepak Chopra unites the latest scientific and alternative therapy research to reveal how our overeating is often a symptom of “inner starvation” a hunger for love, self-esteem, happiness and security. By changing our approach to eating using the tools in this book, we can heal our bodies and minds to achieve permanent weight loss, a longer, happier life and spiritual well-being. The ultimate guide to inner and outer health, **What Are You Hungry For?** will change the way you eat forever.

The Four Gifts of Anxiety Embrace the Power of Your Anxiety and Transform Your Life *Simon and Schuster* Unlock anxiety's powerful gifts! It's time to break free from the tight grip of anxiety and live the life you've always wanted. **The Four Gifts of Anxiety** shows you how to tap into the power of your anxiety and reveal its gifts of resiliency, hope, empathy, and purpose. Filled with exercises, meditations, and reflection prompts, this book teaches you how to access these positive attributes and the inner strengths that have been hiding behind your symptoms. Each chapter illuminates your gifts and helps you better understand your anxious feelings, so that you can take charge of any situation rather than fearing your future. By viewing your worries in this new and empowering perspective, you will find peace and be able to embrace the person you were meant to be. Complete with real-life stories from others who transformed their outlook, **The Four Gifts of Anxiety** helps you develop a healthier way of thinking, harness your inner power, and finally reclaim your life.

Unconditional Life Discovering the Power to Fulfill Your Dreams *Bantam* Deepak Chopra, M.D., has emerged as one of the most powerful leaders in the revolutionary field of mind/body medicine. His extraordinary bestseller **Quantum Healing** explored the mind's connection to seemingly miraculous cures for cancer and other serious illnesses. Now, in **Unconditional Life**, he undertakes an even greater challenge: to explain how consciousness can lead the way to total freedom and perfect health. **Unconditional Life** brings together disciplines ranging from modern physics and neuroscience to the ancient traditions of Indian wisdom to show how our perceptions create our reality for good or ill--and how the outside world can be shaped by altering the world within. In a book filled with hope and inspiration, Dr. Chopra offers compelling proof of the power of consciousness and a daring new vision of our own unlimited potential.

Reaching Your Goals The Ultimate Teen Guide *Scarecrow Press* This book presents teens five simple steps to reach their goals. Through the use of 'no sweat quizzes' and other unique methods, teens learn to become successful and turn failures into positive stepping-stones to help them reach their goals and find their paths in life.

Deep Coaching A Guide to Self-Directed Living *George Stephen Renfrey* **Soul-Centered** *Hay House, Inc* **Soul-Centered: Transform Your Life in 8 Weeks with Meditation** presents a secular, mainstream view of meditation and applies it practically as a tool for personal transformation. Each week’s lesson in the 8-week program contains a key for navigating the journey of self-awareness, and each week’s meditation practice builds on those of the previous weeks, making the process accessible and enjoyable for novices and experts alike. Inspiring stories from Sarah’s own experience and from the students she’s taught in her 20-year career as a meditation teacher further enrich the text. Her approach is grounded in leading-edge brain research that shows meditating for 27 minutes a day over 8 weeks can make a huge difference by altering the gray matter in areas of the brain that govern learning, memory, empathy, and stress. Each of the lessons in the 8-week program is designed to provide a structure for creating a successful and sustainable meditation practice. As the readers build their meditation practice, they learn to undo stressful habits that don’t serve them, cultivate compassion for themselves and others, and listen to and trust their inner wisdom. The Soul-Centered journey is one of finding out who you really are; navigating your life based on that peaceful, loving, wise part of yourself; then fully and fearlessly expressing yourself in the world.

Soul Messages: Listening to Your Soul to Remember Who You Are *iUniverse* **Soul Messages** offers inspirational vignettes and instructional meditations that will help you uncover a deeper relationship with yourself. You will be guided and inspired to take your heart's desires and turn them into your reality so you can begin to create your future. Cabral uses her real life experiences as a psychic and medium to make this a page-turner you will always remember. She shares her fascinating encounters with the spirit world as examples as to why it is time we all realize that there is so much more to life than we can see with the human eye. After each chapter you will journey through a meditation that will teach you to message with your soul. Get in touch with who you are by connecting with your soul through this honest account of spiritual insight that will help you remember your purpose in this life and become aware of the value you add to our world.

Simple Meditation A Spiritual Connection for Transforming Your Life *Meditation Resources Inc* The exercises and information in "Simple Meditation" can help people improve their relationships, tap into psychic abilities, and use quantum energy to release blocks to health and happiness.

Apotheosis Now Rabbit Hole to the Beyond *Yanhao Huang* Many of us are starting to become tired of this game of life. We have been comparing and striving all our life. But no matter how much success we have achieved—we are still hollow and still have found nothing fulfilling. We don’t even know if happiness exists because it is no longer a living thing in our experience—it has become dead, as we only know it as a concept or memory. We have sought self-help advice, philosophies, and

religious teachings to transform ourselves but have not gotten anywhere. We have made some superficial improvements—like adopting a new mindset—but our core remains the same. We are still competitive, still fearful, and we get disturbed all the time. The problem with all attempts at self-improvement is that we do not address the fundamental problem, which is: who is the “you” who needs to be improved? We do not see that the one who is making the improvement is the same one who needs to be improved. The more we try to improve, the more conflict we introduce, within and without. The more knowledge we stuff in our heads, the more we become trapped in a conceptual prison of reality. Inevitably, the more confused we get in life. The book guides the reader out of their distorted beliefs to experience reality beyond the mind. When the deeper intelligence is allowed to flourish without our mind's interference, then the game of life becomes effortless. **Super Brain Unleashing the Explosive Power of Your Mind to Maximize Health, Happiness, and Spiritual Well-being** *Random House* Two pioneers in health share a bold new understanding of the brain and a prescriptive plan for how we can use it to achieve physical, mental and spiritual well-being. **Overcoming Addictions The Complete Mind-body Programme for Addictive Behaviour** *Random House* First published in 1915, Old Calabria is one of the most comprehensive and exciting accounts of adventure travel in this century. Captivated by the cheerfully pagan quality of the mezzogiorno, as he understood it, Douglas plunged into Calabria, the southernmost and most backward part of Italy (a province that was still largely devoid of any form of modern amenity). He endured extremes of climate, scaled mountains, rode in rickety carriages driven by villainous coachmen, and traversed remote stretches of country where murderous groups of banditti were known to roam. **Money, Manifestation & Miracles A Guide to Transforming Women's Relationships with Money** *New World Library* When women are empowered with money, they become "difference makers"; They transform not only their own lives but also those of their children, their families, and their communities at large. Author Meriflor Toneatto, an award-winning leadership and coaching executive, shows you how to extend your limits and create the life of your dreams, one that is rich and fulfilling in every way — financially, spiritually, and emotionally. This powerful book explains how money is "emotional currency"; and prescribes eight Holistic Principles that help you overcome deep-seated blocks, "pay forward"; your own successes, and live the life of your dreams. **How to Gain the Professional Edge, Second Edition** *Infobase Publishing* Offers advice and tips for creating an appearance and presence in the workplace that can help to foster success and advancement. **Brotherhood Dharma, Destiny, and the American Dream** *Houghton Mifflin Harcourt* Traces the lives of the Chopra brothers from India to America, where they both excelled in healing, one as a world-renowned spiritual teacher, the other as a professor at Harvard Medical School. 100,000 first printing. **Creating Affluence The A-to-Z Steps to a Richer Life** *Amber-Allen Publishing* In this remarkable book lies the secret to fulfillment on all levels of our lives... With clear and simple wisdom, Deepak Chopra explores the full meaning of wealth consciousness and presents a step-by-step plan for creating affluence. According to Chopra, affluence is our natural state, and the entire physical universe with all its abundance is the offspring of an unbounded, limitless field of all possibilities. Through a series of A-to-Z steps and everyday actions, we can learn to tap into this field and create anything we desire. From becoming Aware of all possibilities to experiencing Zest and joy in life, these uncommon insights gently foster the wealth consciousness needed to create wealth effortlessly and joyfully. **What a Body Knows Finding Wisdom in Desire** *John Hunt Publishing* Philosophy. **Perfect Health The Complete Mind/body Guide** *Random House* When it was first published in 1990, Deepak Chopra's Perfect Health quickly became an international bestseller. Combining ancient Ayurvedic healing practices with modern Western medicine, this unique book offered a step-by-step programme of mind/body medicine. **Taming Your Alpha Bitch How to be Fierce and Feminine (and Get Everything You Want!)** *BenBella Books, Inc.* In many areas women have earned the equality we've been fighting for. We've broken through glass ceilings and achieved great success. We've shown that we can prosper by our own means. And we've become influential, respected leaders. Yet many of us find ourselves unhappy, anxious, overwhelmed. Where's the pot of gold at the end of our "I can do it just like a man" rainbow? The problem is that while we can be as successful as a man, we don't get there through a masculine approach. Being a "damsel in distress" is not the way to make your dreams come true, but neither is being the hyper-aggressive Alpha Bitch. In this New York Times bestselling book, transformation leaders Christy Whitman and Rebecca Grado reveal how when women try to claim power through a forceful "take no prisoners" approach it ultimately works against us and undermines our best efforts to create the life of our dreams. In fact, wielding Alpha Bitch force is ironically disempowering, because it introduces conflict, struggle, and competition into our personal and professional relationships, blocking women from creating the life we desire. How do you change from being a controlling, competitive, and disruptive Alpha Bitch to being an Empowered Female who is allowing, collaborative, and balanced? Enter the Laws of the Universe: • The Law of Attraction • The Law of Allowing • The Law of Pure Potentiality • The Law of Oneness • The Law of Balance and Harmony • The Law of Sufficiency and Abundance Taming the Alpha Bitch will show you how to use these laws to create freedom, joy, and abundance in your life. By using this knowledge, you put yourself in the ideal position for attracting those things you want with ease and effortlessness, not struggle and pain.