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“The Secret” Fails to Tell the Whole Story; Law of Attraction Coaching Bridges the Gap

The New York Times number one advice best seller, *The Secret*, claims that the “Law of Attraction” will help anyone bring love, health, abundance, and more into their lives — but actually applying this philosophy to one’s everyday life isn’t quite that easy, as millions of people have found out.

The Law of Attraction is a concept rooted in quantum physics, saying that: 1) everything in the universe is made up of 99% energy; 2) thought has a very high amount of energy contained within it; 3) all energy continually attracts like energy; 4) therefore, if you think about what you want, you will effortlessly draw that to your life simply by thinking about it. But is it really that easy?

According to Elizabeth A. Grant, a Chicago-based personal growth advisor who specializes in Law-of-Attraction coaching, “A person must first understand that conscious thought is only one small part of our thoughts. There is a whole world sitting in our subconscious minds that is attracting energy to itself all day long – even while we sleep. Therefore, if your subconscious, or especially your core belief system, feels that you really don’t deserve wealth, true love, the right career or optimum health, you will not be able to attract what you want into your life, despite what *The Secret* claims.

People’s relationship with money is a great example, notes Ms. Grant. “If you claim to seek security and wealth, but you chronically find yourself broke, your subconscious beliefs could be working against you. You might actually believe you don’t deserve wealth or that rich people are greedy and materialistic, so you sabotage your success. Your true beliefs can be found in the results you produce in your life, not in what you claim to believe.”

Grant, like most people who’ve read it, loved *The Secret* when it came out. “I was thrilled that so many people would be able to open their minds to new possibilities, but at the same time, I thought, ‘No one is going to understand what it really takes to make the Law of Attraction work.’ I’ve had so many people say to me, ‘Every day, I think about having \$100,000

come into my life. I'm so excited waiting for the money to arrive!' But it doesn't work that way. You don't just think about money and an 18-wheeler filled with hundred-dollar bills shows up in front of your house! You have to take action, and lots of it, and do some crucial spiritual back-work as well. However, it is absolutely true that you have the power to create the life you really want, as claimed in *The Secret*, financially or otherwise."

Law-of-Attraction coaching has become a growing trend in the U.S. as people now understand the power they have over their future, but lack the concrete knowledge and tools to actually apply *The Secret*, which presented the law of attraction as a magical, fairytale-like concept. New age/ancient wisdom concepts, which used to be considered on the fringe, are becoming mainstream, allowing quantum concepts like *The Secret* and *What the Bleep Do We Know?* to be embraced by millions of Americans. Different than traditional life coaching, Law-of-Attraction coaching focuses not so much on outward goal-setting and accountability, but on discovering what's driving the results in one's life from the inside out, to then make goal achievement effortless as one attracts whatever is needed with ease.

For most people, finding the root cause to what's holding them back is easier said than done. That's where Grant's coaching techniques come in. Discovering and changing one's beliefs requires proper, structured guidance that begins with surrendering to one's life circumstances and integrating quantum concepts into daily life, followed by defining a clear life purpose, increasing one's energy vibrational frequency and diving into core beliefs. For most people, making these drastic changes in their approach to life is virtually impossible without proper guidance. The most effective and efficient way to accomplish this is through law-of-attraction coaching sessions, which for Grant, either take place weekly over the phone or through one-time, in-depth strategy sessions. In her coaching with clients, Grant uses material she's written and specific techniques she's developed to help people take a new approach to life.

"To guide people in how to use the Law of Attraction, a person has to have direct experience manifesting what they need, want, and desire effortlessly," Grant says. "Only then can a person teach it to someone else. Over the course of several years, I completely transformed my life through using the quantum approach, and it's is a fabulous way to live. Not a week goes by that I don't have something positively amazing happen to me through the Law of Attraction. Life for me has become an adventure and a process of constant creation, and I love helping others learn to live this way."

Ms. Grant has just released a spoken-word CD entitled *Morning Commute*, which helps people successfully integrate the new mindsets, habits and beliefs into their daily routines that are key to making the Law of Attraction work in their favor. The CD also includes two crucial

keys to the Law of Attraction completely missed in *The Secret*. In addition, Grant is currently working on two books: *Get Paid to Do What You Love* and *The Quantum Life*. Her own amazing Law of Attraction experiences were selected for inclusion in the book *Living the Law of Attraction: Real Stories of People Manifesting Wealth, Health and Happiness*, by authors Rich German and Robin Hoch, due out in 2008.

To learn more about Elizabeth A. Grant, visit <http://www.thequantumcoach.net>.

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