Tired of complaining that life isn’t all it should be? Sonia Ricotti says:
Take Charge of Your Life—Now!
Ricotti shows you how to live the life of your dreams, your “greatest life,” by applying eleven simple steps to enjoying inner peace and happiness in every area:
• Decide what you want
• Choose your thoughts and feelings
• Connect mind, body, spirit
• Allow it

The Law of Attraction states that we attract into our lives what we project into the universe. Written in plain English and filled with stories, tips, and exercises, The Law of Attraction, Plain and Simple helps you shift your thoughts, language, and emotions. It’s time to stop the negative energy flow and learn to project positive energy—all the time.

Concise, accessible, and practical—this little book is all you need to put the complaints behind you and get what you want, need, and deserve.

Sonia Ricotti is president of Lead Out Loud, a world-renowned transformational leadership and self-development firm that helps people achieve professional and personal success. She is a highly sought-after motivational speaker, a leadership expert, a humanitarian, and a radio host for the popular inspirational Internet talk radio show, Lead Out Loud Talk Radio.

For more information, visit www.leadoutloud.com

Sonia Ricotti

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—Joy Division, Ph.D., author of Five Wishes

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The Law of Attraction, Plain and Simple
Create the Extraordinary Life That You Deserve

Sonia Ricotti’s The Law of Attraction, Plain and Simple takes the discussion of how we create our lives to another level. Success is determined by what our own wants but what our soul wants. Sonia shows how to go deeper, get clear, and break through to our highest purpose as a discovery of who we really are and the power of our own.

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—Denise Marek,
author of CALM: A Proven Four-Step Process Designed Specifically for Women Who Worry

“Simple, powerful and profound. Sonia takes a complex idea and makes the process of application in your experience simple!”

—Doreen Banaszak,
author of Excuse Me, Your Life Is Now

“This beautiful, clear and simple guide teaches you how to unleash and manifest your dreams. A definite must read book!”

—Carolyn Ellis,
author of The 7 Pitfalls of Single Parenting: What to Avoid to Help Your Children Thrive after Divorce

“Master all the steps in this book and you will achieve the life of your dreams!”

—Raymond Aaron,
“The Law of Attraction Plain and Simple is truly an important book that is inspiring and practical. It gives readers a true understanding of what it takes to achieve inner peace and happiness.”

—Peggy McColl, New York Times bestselling author of Your Destiny Switch

“Everyone who is attempting to deliberately apply the law of attraction must read this book. Sonia Ricotti brings a very clear awareness to how to generate positive energy all the time—regardless of what the circumstances are in your life.”

—Gina Mollicone-Long, bestselling author of The Secret of Successful Failing

“Life happens—by default or design. The Law of Attraction, Plain and Simple provides you with the tools to create the life you truly desire, one that is worthy of you.

—Bob Proctor, bestselling author of You Were Born Rich
The SIXTH Step
Forgive
Forgiveness is freeing up and putting to better use the energy once consumed by holding grudges, harboring resentments, and nursing unhealed wounds. It is rediscovering the strengths we always had and relocating our limitless capacity to understand and accept other people and ourselves.

—Sidney and Suzanne Simon
Forgiveness is the key to emitting and creating positive energy. Forgiveness is also one of the most difficult states to achieve.

We have all experienced negative events and situations in our lives. Many of us are holding grudges and resentment toward individuals for these events that happened.

By holding on to grudges, you are emitting self-defeating negative energy. Think about it. How does it feel when you think of that person? Do you feel good, or do you feel bad? If you are feeling bad, you are still harboring negative feelings toward that person or situation and therefore are emitting negative energy. It is equivalent to dragging around an anchor with you at all times.

In order to release that anchor and free yourself from these grudges and negative feelings that you are dragging
around, you must let go of the feelings. How do you do that?

By forgiving. When you forgive, you are releasing that anchor.

Author Ann Lamott said it best:

“In fact, not forgiving is like drinking rat poison and then waiting for the rat to die.”

In reality, the only person dying is you. When you forgive someone, you are not doing it for the other person; you are doing it for yourself.

The simple act of forgiving automatically releases all the negative energy and feelings that were there for that person. Once you are able to forgive, you will feel a sense of inner peace and freedom, strengthening your positive energy field.

“Forgiving releases you.”

BE THANKFUL FOR THE LEARNING EXPERIENCE

For every negative experience that enters our lives, there
is always something to learn and a way to grow from it. Identify the lesson learned. Recognize how you have grown from it and then be thankful for the experience. It is from our difficult experiences that we learn and grow the most. You can allow yourself to let go of the anger, resentment, and negative emotions that are attached to that individual or situation.

You are only hurting yourself by not forgiving. Stop resisting forgiveness. Forgive, and let go.

FORGIVE YOURSELF

Forgiving others is important to emitting positive energy, but forgiving yourself is just as important. Sometimes we hold grudges, anger, and resentment toward ourselves.

As we live our lives each day, we are learning. At times, we have made mistakes, been unkind, and behaved in a less than loving manner. We need to find the inner strength to forgive ourselves for our pasts. The past is who you once were, even if it was just moments ago; it is not

“The past is who you once were.”
who you are now, or necessarily who you will become in the future.

You have the ability and freedom to start your new life, to be the person you know you truly choose to be.

**Tip**

FORGIVE

Think of a person you are having difficulty forgiving. Write out what you have learned and how you have grown from the situation that occurred.

Then, write a letter thanking that person for what happened. Explain what you learned and how you’ve grown as a person because of it. Then, forgive that person. Write: “I forgive you.”

Note: The person you are writing to can also be someone who has passed away. You don’t have to actually mail the letter or even speak to the person in order for the act of forgiveness to occur.
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PRAISE FOR
The Law of Attraction, Plain and Simple

This is a must-read for anyone who has said “the law of attraction isn’t working for me.” It’s an insightful and practical guide to help you understand more deeply how the universal laws truly work.

— Marci Shimoff, #1 New York Times bestselling author of Happy for No Reason, co-author of Chicken Soup for the Woman’s Soul, and featured teacher in The Secret

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“The Law of Attraction, Plain and Simple is one of those books you read and reread over and over again!”
— Dr. Joe Vitale, author of The Attractor Factor

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