

Biography of Elizabeth A. Grant, “The Quantum Coach”

Prior to experiencing a spiritual awakening in 2002, Elizabeth A. Grant lived in an almost constant state of depression and anxiety. Within four years, she was living in an almost constant state of bliss. Almost immediately, though, she noticed that manifesting her external life became virtually effortless, later learning that her inner happiness had put her in perfect harmony with universal laws of quantum physics, such as the law of attraction. Through her experiences, she developed Quantum Approach, a method to help others awaken and find their true nature -- one of happiness and bliss. Since then, she has helped clients find meaning in their lives and remain happy even amid seemingly chaotic external circumstances.

A firm believer in *The Power of Thought* and *The Power of Now*, Elizabeth is the author of *Morning Commute*, an audio book that helps listeners develop crucial mindsets, habits and beliefs to experience happiness from the inside out. She has been featured in the books *Living the Law of Attraction* and *Serendipity Jane's Guide to Life Coaching*. Elizabeth is a graduate of Iowa State University and a certified life coach. She can be reached at www.TheQuantumCoach.net or 888-371-4958.