

Elizabeth A. Grant
THE QUANTUM COACH



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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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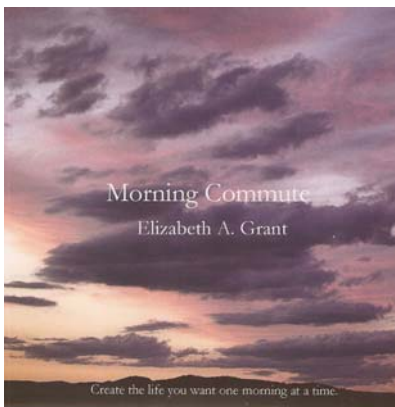
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NEW “MORNING COMMUTE” CD DESIGNED TO HELP LISTENERS BETTER APPLY CONCEPTS FROM *THE SECRET*



CHICAGO, ILLINOIS (December 5, 2007) — Elizabeth A. Grant is a Chicago-based personal growth advisor who specializes in the law of attraction touted in the incredibly popular book and movie, *The Secret*. Unfortunately, many people who were mesmerized by *The Secret* (*The New York Times*' number one advice best seller) are finding it difficult to apply the concepts to their daily lives, and as a result, Ms. Grant has just published a new audio book/CD entitled *Morning Commute*.

“*Morning Commute* was created so people who are interested in the law of attraction can listen to it on their way to work. It reminds them of the various quantum teachings such as those in *The Secret*, and also walks them through setting an intention for their day,” notes Ms. Grant. “In addition, listeners learn two key concepts to making the law of attraction work completely missed in *The Secret*,” she says. The CD is approximately 30 minutes long and enables people to make the

best use of their commuting time while developing powerful and crucial daily habits to let them create the lives they truly want.

The Secret claims that every individual can harness the power of the law of attraction to draw love, health, abundance, and more into their lives. While it is a magical concept that intrigues many, most don't know how to exactly apply it on a day-to-day basis. And that's where Ms. Grant comes in.

As a personal growth advisor with her own clients, seminars, and books, she breaks down the mystique and shows people how to manifest what they truly want in their lives — as she has done herself.

In fact, according to an article in *USA Today*, "Personal growth is hot. That is one reason America has seen a boom in the number of people offering their services as 'life coaches.'" *USA Today* also reports that "Coaching is especially popular with men, who respond favorably to a term from sports. Seventy percent of the caseload in therapy are women; 60% in coaching are men."

"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," adds Ms. Grant. "Only then can a person teach it to someone else. This is a fabulous way to live and not a week goes by that I don't have something positively amazing happen to me through the law of attraction. Life becomes an adventure, a process of constant creation and this is something I want to share with others."

Morning Commute is available on Amazon.com and via the www.thequantumcoach.net for \$11.95.

For additional information on Elizabeth A. Grant and her personal growth practice, visit www.thequantumcoach.net.

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ELIZABETH A. GRANT PERSONAL GROWTH ADVISOR



Elizabeth A. Grant is no different than most people. She grew up in a small town in Iowa, got a Bachelor's of Business Administration from Iowa State University, and spent most of her adult life in Chicago and Los Angeles. She suffered from major depression and panic disorder and felt like a complete misfit in her 17-year career in Corporate America, constantly questioning if there was more to life than what she was experiencing. She lacked purpose and was incredibly unhappy. And then one day, she decided it was time for a change.

Taking small steps, Elizabeth first read *The Power of Now* by Eckhart Tolle. A shift in her consciousness happened immediately, but like most people, it did take her a while to unlearn all of the bad habits she had been taught, like internalizing negative emotion, focusing most of her attention on what wasn't making her happy (thereby energizing it) and spending all of her time in the past or future rather than in the moment at hand. She also began to meditate regularly.

The more she began to live authentically, and committed to living through her soul and shedding her ego, the happier she became on the inside and the more things began to fall into place for her on the outside.

For instance, even as an inexperienced writer, she effortlessly attracted the people and resources needed to get her book published — including encountering three bestselling authors who offered to help her find an agent and publisher. When she needed a publicist but had no budget, within two days, a publicist she'd never met contacted her out of the blue and they traded services. Over time, she found the courage she needed to take a leap of faith, quit her job in corporate America, and get paid to do what she loves — a successful career as a freelance writer and journalist.

Elizabeth later learned that she was actually working within universal laws of quantum physics and she became a voracious reader, studying *The Secret*, modern mystic James Ray's teachings, and much, much more. She found that it wasn't an accident her life was unfolding with such ease and through experimentation and continued study, she discovered it was easy to keep creating positive results. Once she realized how effortless it was, she felt a burning desire to help others do the same and so she began work on her book, *Get Paid to Do What You Love*, (expected completion 2008) which recounts the stories of 50 people getting paid well to do their absolute passions.

As Elizabeth began to write about quantum living and spirituality, her career naturally expanded to include guiding and teaching others. People saw the miraculous results she was experiencing in her life and she taught them how to apply universal laws and drastically improve their lives. She assumed the moniker, "The Quantum Coach," because her approach shows people how to create the life they really want by understanding how to live within the universal laws rooted in quantum physics, such as the law of attraction.

Ms. Grant works with private clients and teaches seminars on the law of attraction and how to bring what you want into your life. Her first audio book, *Morning Commute*, was just released.

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