



# Transformation in Action: Breaking Through Limiting Beliefs to Live the Life of Your Dreams

*Sonja Ams, Dr. Alisa Cooper*

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*Transformation in Action* will lead you on a journey from mediocrity to extraordinary success by teaching you to live consciously, improve your attitude, and enrich your life through the Law of Attraction. With the Five Pillars of Health as the structural framework: healthy mind, body, family, society and finances, you will achieve the balance necessary to create abundance and prosperity.

Discover how traditional psychology set the stage for the increasingly popular Law of Attraction. Learn how to be rid of negative thinking forever, while realizing that forgiveness and self love are well within your reach. Share in the inspirational stories and candid interviews of some of today's most financially successful and spiritually evolved people.

Literally transform your health by incorporating ancient Eastern philosophies as well as today's cutting-edge, healing modalities. Most importantly, embrace your higher self and allow your true potential to unfold before your very eyes.

"Sonja Ams and Dr. Coopers' book *Transformation in Action* clearly spells out exactly what it takes to attract one's dream life and make all areas of life work optimally. Highly recommended!"

--Dr. Joe Rubino

"*Transformation in Action Breaking Through Your Limiting Beliefs to Live the Life of Your Dreams*, provides an encyclopedia of ideas and actions to transform your life into what it was meant to be. It is a great read but, more importantly, a DO IT book."

--C. Norman Shealy, M.D., Ph.D.

"*Transformation in Action* is a phenomenal roadmap to living life in a good, true and beautiful way - Sonja Ams and Dr. Alisa Coopers' words give the green light of 'go' to hope, with their message signaling inspiration, and every page gives directions packed with wisdom. At the end, they leave the reader at a destination of bliss!"

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