



Intend Align Manifest: Creating Your Ideal Life in 10 Easy to Follow Steps

Helen Abbott

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Have you ever struggled to work out exactly what it is you want out of life? Have you struggled to set and achieve goals? Have you known what you want but achieving it has been an uphill battle? If you've answered "yes" to any of these questions, then "Intend Manifest Align: Creating Your Ideal Life in 10 Easy to Follow Steps" is a book for you. Manifesting, as defined in the book, is a process of achieving what you want in life. This book is about doing just that ~ bring what you imagine into the reality of your existence. There have more than likely been many occasions where you have been 'manifesting' without even realising it. For example, have you noticed how there were times in your life when achievements seemed to be effortless. Everything seemed to fall into place with ease and grace. You were just "in the zone". All of these occasions would have been when you were tapped into aspects of manifesting. Today you can start your new life. Approach every experience with a new frame of mind and assume only the best for yourself. Accept nothing less.

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