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New Worlds of Body, Mind & Spirit

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365 Ways To Attract Good Vibes In A Lousy Economy

New book reveals a year's worth of tips and techniques on harnessing the power of positive thought

WEST PALM BEACH, FLA. — Recession depression? High-tech super speed super slump? In today's world, many people are overburdened and searching for answers, for ways to live stress-free with hope for a brighter tomorrow. For anyone who has ever felt tired, depressed, or unmotivated, **365 WAYS TO RAISE YOUR FREQUENCY** (9780738727400, \$16.95) by Melissa Alvarez will help turn their life around. With both short- and long-term goals, Alvarez's new book contains a year's worth of step-by-step, daily activities that will empower readers to release negativity and increase their unique frequency, transforming them into the energetic, joyous version of themselves. *365 Ways to Raise Your Frequency* is available in stores and online on January 8.

But what, exactly, is frequency? Most people immediately think of a radio, a sound, or an electrical wave. When speaking about frequency in the metaphysical sense, it refers to personal vibration rate, each individual's internal energy that affects their state of mind, emotions and physical body. High frequency allows people to attract what they want in life. Increasing frequency attracts positive energy, which allows the individual to reach their fullest potential—the higher the frequency, the easier life feels.

Whether starting at the beginning of the book or selecting an exercise at random, the idea is to do one thing every day that gets good vibrations flowing. Readers can choose from a variety of ordinary activities like skipping, singing and cooking, or mediate and practice visualization techniques. In working on themselves, readers will feel in control of their path, focused on their purpose and will discover how generous actions and a positive attitude can really bring balance to their overall wellbeing.

Melissa Alvarez is an internationally known spiritual coach and the author of *356 Ways to Raise Your Frequency*. She conducts workshops teaching others to connect with their psychic abilities and spirituality, and has performed psychic readings for nearly twenty years. Visit Alvarez online at www.MelissaA.com and www.365WaysToRaiseYourFrequency.com for more information.

365 Ways to Raise Your Frequency by Melissa Alvarez

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