



The Mindful Attraction Plan: Your Practical Roadmap to Creating the Life, Love and Success You Want

By Athol Kay

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The Mindful Attraction Plan is a seven-phase process to change you for the better, in order to leverage your critical issue to resolve the way you want it to.

"This is the pure, original meaning of the Law of Attraction, far away from fad books like "The Secret". The Mindful Attraction Plan is a very neat packaging of wisdom from a number of different sources, and that's exactly what makes it stand out. It's simple, easy-to-use and more importantly, it just plain works. " - Brian C Rideout "The Wild Man Project"

Most threats of ending relationships in hope of change, fail because of extremely poor timing. The MAP covers the pacing of the escalation toward the Resolution Point. Most serious attempts to change things happen in the heat of the moment, which is typically a negative emotion blowout and ineffective. The MAP keeps things calm and steady in the hope that your partner starts acting like a reasonable person and the relationship can start turning positive.

The first part of the book is a very clear description of exactly how you become more attractive as fast as possible. Covering six areas of development you need to focus on:

- (1) Physical Fitness and Health
- (2) Money and Material Possessions
- (3) Displays of High Value
- (4) Building Relationship Comfort
- (5) Personality and Preferences
- (6) High-Energy Sex

Within each area there's a traffic light color coded system for things you need to do.

Red = Draining Energy = Stop It

Yellow = Stagnant Energy = Fix It

Green = Flowing Energy = Do It.

There's no confusion about what you should be doing to improve your attractiveness and I even cover the exact order of importance your addressing things needs to follow. The (1) to (6) order is very important for example.

The second part of the book covers the seven phase approach to taking your new attraction and leveraging that into getting what you want from your relationships.

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Editorial Review

About the Author

Athol Kay woke up one morning four years ago and decided he wanted to fix everyone's marriage. Not realizing it was impossible, he started an influential blog, wrote The Married Man Sex Life Primer, started a forum, got some news media write ups, ended up on Inside Edition, got dragged to Human Resources, quit his day job and now has thousands of emails of thanks for saving marriages and restarting sex lives.

Now he wants to fix your whole life.

Users Review

From reader reviews:

Russell Bussey:

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