



Good Vibrations

Good Vibrations, a song made famous by the Beach Boys, is now a book written by Clare Tonkin that takes the positive feel of the song and turns it into a powerful message for those looking for some inspiration and motivation in their lives.

How do you tune into a more positive life? *Good Vibrations* examines the ways in which we can tap into the unlimited potential we all possess. Tonkin's message is to make a decision on what you want and take action to get it. She maintains that concentrating on what we value most will help us reach our goals.

There are many inspirational quotes from past and present captains of philosophy, industry, literature, sport and entertainment. The quotes provide excellent introductions and segues into the books main points and chapters.

Sections include: *The Law of Infinite Attraction*, *The Law of Least Effort*, *The Law of Attraction and Vibration* and *the Law of Reaping and Sowing*. Within the sections Tonkin examines: Energy, Conscious Mind, Sub Conscious Mind, The Body, Mind Body Spirit, Faith, Values, Vibration, Water, Earth, Fire and Air.

Tonkin writes with passion and provides an excellent introduction into the laws of personal success. To understand more about goal setting, health, wealth and relationships *Good Vibrations* is the ideal start.

Author: Clare Tonkin
Publisher: Life Success Publishing
ISBN: 978-1-59930-064-1
PPS: 160

Secrets of Inspiring Women Exposed

Once again, Dale Beaumont has compiled an excellent collection of inspirational stories from some of Australia's most successful people. *Secrets of Inspiring Women Exposed!* gathers together 13 high achieving women to talk about their lives and success.

The women talk about how to set and achieve personal career goals, how to conquer fear, developing financial security, losing weight and feeling great, joy-filled relationships, making a difference in the community and how to be a great parent.

Included in the book are Olympic gold medalist Lauren Burns, former UN ambassador Miriam Schaefer, *Biggest Loser* contestant Jo Cowling, media queen and former *Cosmo* editor Mia Freedman, work/life balance expert Jennifer Jeffries, entrepreneurial mother Denise Hall and more.

The women share their stories in candid and heartwarming ways that can't help but inspire those whose lives they touch.

A great read.

Author: Dale Beaumont
Publisher: Dream Express Publishing
ISBN: 978-0-9803086-2-4
PPS: 232



The Success Coach

Two things that make most teaching books flourish are: interactivity and simplicity. Geoffrey A. Edwards' *The Success Coach* has both those qualities.

Utilising the knowledge he gained over a lengthy stint working in corporate Australia, and combining this with his passion to teach, Edwards has put together a point by point examination of how you can achieve realistic goals and tangible results.

The aim of the book is to help you discover how to achieve more success in business, with less stress and more time for your family. Sections include *Preparation*, *Success Coaching Techniques* and *Achieving the Result*. Chapters

include: *Focus for Success*, *Emotional Power*, *Personal Wellbeing*, *Sustaining the Power*, *Your Personal Success Formula* and *Where to Now*.

It is the interactivity of the chapters and the thought processes they put you through that makes this book stand out. So if you are looking to go that extra mile, or step up productivity with less stress, this is the book for you.

Author: Geoffrey A. Edwards
Publisher: Business Bookclub Publishing
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PPS: 112

