

YOU HAVE THE POWER TO CREATE YOUR OWN REALITY

Tools to increase awareness and remove limitations for successful manifesting

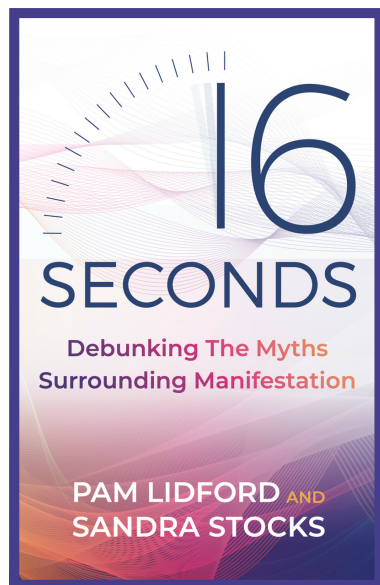
Interest in manifesting and the Law of Attraction amongst popular culture is growing. Whilst this attention is beneficial to raising awareness of the power of manifestation, many myths continue to circulate. What can be created, how long this takes and who can be influenced is often inaccurate, which can quickly lead to disappointment. In reality, this process requires foundational work, flow, energy alignment and the removal of limiting beliefs. Within **16 Seconds** Pam Lidford and Sandra Stocks debunk the myths surrounding manifestation and show readers how to create the life they desire.

*"Energy is the missing link and why most people are frustrated with spiritual development. **16 Seconds** recognises that there are more layers to creating your reality than just goal setting or knowing about the Law of Attraction."*

Christy Whitman
New York Times bestselling Author and
Master Certified Coach

Pam is a seasoned holistic and confidence coach and NLP Master who runs her own practice, as well as training individuals to become qualified coaches. Sandra is an authenticity and mindset coach, also qualified in vibrational healing and NLP. Within **16 Seconds** they have brought together a wealth of knowledge and personal experience to create a complete guide to manifesting and how to practically apply it.

Pam and Sandra are keen to stress manifesting is not the quick fix some may perceive it to be, nor is it always easy. Therefore, **16 Seconds** provides the reader with tools grounded in neuroscience to develop self and mind, alongside knowledge and awareness of energy, the universal laws and manifesting, as these are all intertwined. Readers will understand how the brain develops beliefs, how they hold vibration and learn that how they think indicates their vibration, resulting in what they are able to attract and manifest. This increased awareness can prevent individuals from struggling with anxiety, perfectionism, disempowerment and fear by making incremental changes to the way they think or believe about everything in life they want to create.



The title **16 Seconds** derives from the short time it takes for the energy wheels to start turning consciously and unconsciously - readers have the power to make a difference to what they are attracting in this initial phase. Pam and Sandra show readers the relationship between the energy of our thoughts and emotions and what we are physically receiving. When energy is aligned and the tools are applied, readers are able to change the course of their lives.

Within the subsequent chapters, the authors equip readers with a range of tools to make the incremental mindset and vibrational changes required to manifest successfully. Sandra introduces the Seven Universal Laws, who we are vibrationally, how to bridge the gap to where you want to be and the benefit of inspired goal setting. Pam helps the reader to understand where they are physically, understand if their beliefs are facts and how to change their beliefs. The book concludes with how readers can continue moving forward and maintain the change they have started to create. This provides a complete and sustainable approach to creating the life they want, if they put in the all-important foundational work.

16 Seconds is an ideal read for anyone seeking to learn more about true manifestation, energy and vibrations, and their relationship with the brain. By enabling readers to confront their personal limitations, beliefs, negative thoughts, and negative emotions with actionable tools, Pam and Sandra help readers to practically manifest what they want from a place of awareness and authenticity.

ABOUT THE AUTHORS



Pam Lidford

Pam Lidford works as a holistic and confidence coach, trains individuals to become professional coaches and mentors and supervises them when qualified. As part of her work, she wrote and delivered the first government funded accredited life coaching course for the general public and later the first BTEC in coaching qualification. Pam is based in Hertfordshire.

Sandra Stocks has a Diploma in Vibrational Healing, is a qualified practitioner in NLP and has a Distinction in Personal Performance Coaching. Sandra supports thousands of people to change their lives to gain personal empowerment and self-belief. She also trains young people in authentic leadership and is the lead coach in her group programmes. Sandra is based in London.



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ISBN: 9781784529345

Launching: 22nd June 2021

£14.99/\$19.95/€18.00