

## TAKING CHARGE OF YOUR LIFE AND YOUR FINANCES

Stress Free Personal Finance doesn't need to be an oxymoron! When you learn to work with the power inherent in the right hemisphere of your brain, life just flows a little easier, and a little easier...and eventually a lot easier.

It truly takes a form of mental mastery to not give into all the negativity in the media today. It's all the more challenging when you're feeling physically depleted. Who even has the energy to create new possibilities for the kind of life they would like to be experiencing?!

I do! Blessed with a vivid imagination and a love of persuasion I've been using propaganda techniques and all those principles in *The Secret* and the *Law of Attraction* all my life. Now I'd like to help you create life on your terms.

There's an increasingly convincing body of evidence that proves our expectations create our reality. Therefore, if we could employ certain techniques to alter our expectations we could actually negotiate reality on a very profound level.

Like breaking into a safe filled with all the abundance you'll ever need, the strategy is easy when you know the combination. A key element in that combination is repetitive exposure to what you DO want.

**To get the most from this ebook, print out page 2 and then post it where you can review these ideas regularly - beside your desk, on the fridge, up on your wall or wherever you will see it everyday. Enjoy and pass it around!**

These are the highlights of *Don't Stress~Manifest: 21 Truths to Set You Financially Free*. They are the thoughts I felt would be most empowering to you on your pathway to abundance. The super concise format will help you take charge of your mind.

Please feel free to make copies of this ebook and share these empowering thoughts with friends and family whom you think would benefit.

Thank you for sharing the abundance!

With Great Expectations,

Barbara Zagata  
Founder of Stress Free Personal Finance  
<http://www.BarbaraZagata.com>

## **Don't Stress~Manifest!**

In other words...use what you've already got and you'll always have enough Thoughts really do have a way of showing up in our lives so choose the most loving, gentle thoughts you can for yourself All you have to do is "*proceed as if*"---with the greatest conviction *proceed as if*... **Real power has nothing to do with what we do; it's a state of being** Never being fed by the joy inherent in the present moment we find ourselves too exhausted to create anything and therefore we doubt that we even have the ability to have that kind of power in our lives When you feel joyful and prosperous, grateful for all that you have, you are in the space to manifest There are fun and easy ways to generate a consistent income while contributing to the well-being of others You deserve to have enough simply so you can be all that you are Get used to abundance; Its everywhere Don't be afraid to let your money work for you

IN TIME, THE INTENTIONS YOU OPT FOR WILL BECOME YOUR REALITY *The more deeply I began to understand that I am co-creating my life with every thought and word I speak, the truer it became for me* Continuously educate yourself to the truth of just how powerful you are in creating your reality and notice how your fears naturally fade away Become a model of sustained greatness This seemingly simple discipline releases suffering and striving, by allowing us to access our power which then makes life feel seemingly effortless, miraculous and magical Get off the stands and become an active participant in the game of life, *your life!* **How can I create unlimited wealth now?** *If you would totally open up and receive all that you already have you would have more than you ever dreamed of* The most expedient route is not to look for a particular solution within your own repertoire of historical probabilities but instead to create an entirely new possibility based in desire Learn to ask, to allow and to expect miracles...

**From: Don't Stress~Manifest™ by Barbara Zagata**  
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<http://www.StressFreePersonalFinance.com>  
[www.DontStressManifest.com](http://www.DontStressManifest.com)

For ongoing *Financial Inspiration* Bookmark these:

<http://pathway2abundance.com> This is my free online magazine that addresses current issues and offers fun activities you can do to plant those seeds of abundance

*I am beginning to realize that it is just as you say: I am learning to recognize that the small decisions and thoughts I choose daily make a major difference in the long run. Thanks again for your help ----Stephen Nelson*

<http://barbarazagata.com/blog/> This is the link to my blog where you can hear some interesting stories, like how I manifested my home with the ocean view, watch videos I find inspiring when I'm feeling stressed out, and even learn why I think *Don't Stress~Manifest* is especially empowering for women!

*Ok, I can't get enough of this. I'm at work and I'm glued to your BLOG site reading everything I can. ---Nancy*

<http://www.dontstressmanifest.com> This is it---the link to the full version of the downloadable (GET IT NOW Version) of my popular book. The 21 truths are the mile markers on my path towards financial freedom. Most chapters are only a page long. Super concise wisdom distilled from many teachers and personal insights over the years, it's truly a short-cut to getting there!

*"When you feel joyful and prosperous, grateful for all that you have, you are in the space to manifest" ~DSM*

Don't Stress Manifest got me into that space!" ~Katherine DeMille

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*Wow!....amazing.*

*I'm the kind of person who would never buy a book promising the seven principles of whatever, but your teachings reflect the way I think when I am wise...real right brain, intuitive, elemental, feminine wisdom.*

*You go, girl.*

*Ciao, Maya*