

***Law of Attraction Handbook: Revealing the Secrets to Manifest Your Desires  
Instantly to Success***

Aiman A. Al-Maimani

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Reviewed by Irene Watson for Reader Views (7/08)

An old concept recently revived by creators of “The Secret” encourages people to start believing they can manifest and create whatever they desire in their lives. Al-Maimani’s handbook is supplemental to many of the books in the market proposing the same ideas. His concise, easy-to-read handbook skips over long drawn-out explanations and gets right to the point.

One of the primary beliefs within the Law of Attraction is put into words by Al-Maimani “...what you put out into the universe comes back to you – whether wanted or unwanted.” Using personal experiences Al-Maimani explains how the Law worked in his life. He also references specific books and teachers that encourage the same belief.

“Law of Attraction Handbook” offers three simple exercises with a basic step one: Declare Your Desires. Personally, I believe a large amount of people find this the most difficult and often can’t focus on what their actual desires are. This is because we are expected to know what we want. Al-Maimani encourages us to write what we don’t want first. He emphasizes, by writing what we don’t want first clears the way for what we do want. Once this list is made, Al-Maimani gives steps two and three in a simple manner. Believing you can manifest the true desires makes steps two and three an easy way for the desires to come to fruition.

Al-Maimani questions the readers, which allows them to look within themselves to find the answers. One of the questions is “So what is going on in your subconscious mind?” He then briefly explains to find out what is going on in our subconscious mind is to check the emotions and feelings that are going on at that time. This is a very hands-on, experiential book.

Furthermore, what makes this book appealing are the Twenty-One Day Exercises in the back of the book. I haven’t completed them because of the timely submission of this review; however, I know this system works. I look forward to continuing the exercises.

“Law of Attraction Handbook” by Aiman A. Al-Maimani offers sound steps on achieving desires and goals, as well as guidelines on developing a successful, fulfilled life with steps that actually do work, if you work them and believe.