



Because science has long taught us to rely on what we can see and touch, we often don't notice that our spirit, thoughts, emotions, and body are all made of energy. *Everything is vibrating.* In fact, each of us has a personal vibration that communicates who we are to the world and helps shape our reality.

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• FOR IMMEDIATE RELEASE •

Frequency

The Power of Personal Vibration

New book helps you find your highest personal frequency, free yourself from “negative vibes,” and work consciously with subtle energy to transform your life.

PENNEY PEIRCE is a well-respected international expert on intuition and perception, and the author of the groundbreaking guidebook on intuition development—*The Intuitive Way*. With her latest release, ***Frequency: The Power of Personal Vibration*** (Beyond Words/Atria Books, 2009, \$24), she moves beyond intuition, helping you achieve a deeper connection with your body's natural sensitivity and empathy, and giving you the skills to recognize and interpret the guidance you continually receive from the subtle vibrations around you.

A simple shift in frequency is often all it takes to change depression to peace and fear to enthusiasm!

As we move from the Information Age to the Intuition Age, we need new methods for navigating in an accelerating world. ***Frequency*** gives you a reassuring, step-by-step roadmap to a positive state of awareness. By learning to use frequency principles—methods based on the way energy actually functions—you can keep your energy level high and productive. ***Frequency*** is full of experiential exercises, inspiring quotes, and inspiring “messages from our home frequency,” all designed to help you:

1. Free yourself from negative or low vibrations (like suffering, panic, depression, and victim consciousness).
2. Feel your unique “personal vibration” and attune it—just as you would find your favorite radio station—to the naturally high “home frequency” of your truest and best self.
3. Navigate successfully through the 9 stages of the evolution process.
4. Dramatically improve relationships, find upscale solutions to problems, and materialize a life that contains everything you need.

Awakening to the new reality that a higher frequency reveals can help you maximize clarity, minimize struggle, and discover new talents and capacities. You'll stay on track with your destiny—and reap the benefits of the life you're truly built for. By learning to live skillfully in an energy world, you will literally transform yourself into a new kind of human being and experience what is to become “transparent”—or enlightened—as a normal condition of life.

Foreword by: Dr. Michael Bernard Beckwith, author of *Spiritual Liberation*.