



## **Everyone can be Unsinkable in Life and Soar Higher than Ever**

**by Sonia Ricotti**

So finally after 2 long years, I am so thrilled to see the final product of my latest new book **Unsinkable: How to Bounce Back Quickly When Life Knocks You Down**.

It was a very personal journey for me. I have been knocked down very hard in life (which I share in the book) and I managed to bounce back quickly and higher than I ever thought possible. So I decided take my personal experiences and others' experiences as well (including some top transformational experts like Bob Proctor, Marci Shimoff, and Janet Attwood) and put a book together with powerful lessons and strategies on how to recover quickly and soar higher than ever!

The truth is, life is life. Things happen. We all face painful, life-shattering events at some point in our lives. Whether you are in debt, have health issues, lost your job, or are going through a divorce, *no matter what the situation, you can* get through it with grace and ease and soar higher than ever. Of course, how we deal with (and react to) these challenges will determine how quickly we bounce back. Being prepared and having the right tools, strategies, and support system in place is important.

If you're going through some life challenges at this very moment, here are some quick tips from the book to help you right now:

**Create a Circle of Light.** Surround yourself by the "right" people. Surround yourself with people who will elevate you, who have your best interests at heart, and who will come from a place of compassion and unconditional love when they advise you. The last thing you need is to be judged, informed "I told you so," or lectured by someone who will add fuel to the fire and destabilize you in your delicate state.

**Surrender to What Is.** Stop resisting to what is happening in your life. If you are complaining, angry, frustrated, or wishing that things were different or were like they "used to be," you are resisting what is. Accept your situation exactly the way it is and

stop judging it. Why? Because it *IS* the way it is. All those negative feelings are not going to change your situation. Accept it as a fact. That's it. So for example, if you're \$10,000 in debt, don't add drama to the situation and make it mean all kinds of negative things. It just is the way it is. You are \$10,000 in debt. It isn't good, it isn't bad, it just "is." Once you are able to do that, you are releasing all the negative energy around it and surrendering to the situation. This act alone will assist you to move forward, gain mental clarity, find solutions, and help you attract positive wonderful things and situations into your life.

**Let Go of What Was.** Turn the page and move forward. I mean *really* move forward. Don't dog-ear the page and *then* turn it, but move forward without looking back. The past is history. Holding on to the negative events of the past and wishing things were different (or dwelling on what happened) *isnot* going to change the past. It's time to let go. It's time to embrace all the new and wonderful things about to come into your life.

**Recreate Your Reality.** Often when we are feeling unhappy, stressed, angry, or frustrated, we believe it is because of our problems we are experiencing or the situation we find ourselves in. This isn't true. In reality, it is our "thoughts" about our problems or situation that are causing our negative feelings to emerge (not the event itself). Look for the silver-lining in your situation, shift your thoughts about what is happening, and realize that how you are feeling is directly related to how you are interpreting your situation. Your thoughts are what's causing you to feel how you feel.

And finally, remember, "This too shall pass." Everything happens for a reason—so hang in there. Great and wonderful things are waiting for you around the corner.



**Sonia Ricotti** is the #1 bestselling author of *The Law of Attraction Plain and Simple* and is a world-renowned motivational speaker. Her latest book ***Unsinkable: How to Bounce Back Quickly When Life Knocks You Down*** can be found in bookstores everywhere and online. To find out more about this topic and get some more great *Unsinkable* tips, visit the book site, <http://www.beunsinkable.com/indexb.html>.