

For Immediate Release

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*“Resilience is key to an individual’s longevity and success. Life almost guarantees that we’ll get knocked off track from time to time, but Sonia’s book, *Unsinkable*, is the life jacket you need to not only keep you afloat, but to soar!”*

– **Bob Proctor, Teacher in *The Secret* and best-selling author of *You Were Born Rich***

Unsinkable

How to Bounce Back Quickly When Life Knocks You Down

By Sonia Ricotti

*With a foreword by James Redfield, #1 New York Times best-selling author of *The Celestine Prophecy*

A financial crisis, a painful divorce, losing your job or a loved one, a health scare – we all face painful, life-shattering events at some point in our lives. They can leave us feeling drained at best, and drowning in our own depression at worst. Sonia Ricotti draws upon her own experiences to teach you how to be *Unsinkable* and overcome these difficult situations with ease and bounce back quicker and higher than you ever thought possible.

Unsinkable is not only inspiring, but it offers clearly written, step-by-step tools, strategies, stories, and exercises that will teach you how to:

- Powerfully move forward, take action, and create the life you deserve
- Transform your way of thinking—and feel better now
- Experience inner peace and happiness—no matter what your circumstances
- Release your negative past experiences and create a new and exciting present and future
- Tap into your intuitive powers to help guide you to find the answers

With this book, Ricotti gives you direct access to her unique gifts as an empathic life coach and powerful motivational speaker. You’ve heard of *The Secret*; now, take the power of intention one step further and learn to be *Unsinkable*—no matter what life throws at you!

About the Author

Sonia Ricotti is a world-renowned motivational speaker delivering keynote talks, seminars, and workshops around the world. She is the best-selling author of *The Law of Attraction Plain and Simple* and the president and founder of Lead Out Loud Inc. – a company that offers inspirational products, videos, and events. She is interviewed regularly on national TV, radio, and print media. She is also a humanitarian, having participated in, and led several humanitarian trips around the world. Sonia holds a bachelor's degree in psychology. She lives in Toronto, Canada. For more information, visit www.leadoutloud.com.

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