



The Science Behind The Law of Attraction: A Step-by-Step Guide to Putting the Brain Science Behind The Law of Attraction to Work For You

Srinivasan Pillay M.D.

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"The Law of Attraction"-a law that states that you get in life what you put out-has a dedicated group of followers and dissenters alike. Most people who believe in the law "sense" its truth but have not necessarily benefitted from using it. Others who dissent, do so because they have tried writing checks out to themselves endlessly to no avail or they simply think this is a load of hogwash. If it were in fact true that you can attract what you want to your life, it would stand to reason that brain science would show us that this is true. And this is exactly what "The Science Behind The Law of Attraction" demonstrates. In this workbook, Dr. Sriniv Pillay draws on his experience as a Harvard psychiatrist and brain-imaging researcher to describe seven scientific laws that explain how "The Law of Attraction" works. Whether the goal is weight loss, a romantic relationship, financial success or happiness, Dr. Pillay explains how we can draw on brain science to make sense of "The Law of Attraction." Drawing on extensive experience as a clinician and an executive coach, the author walks us through the scientific basis of each of the seven scientific laws of attraction rooted in brain science. In addition, he then provides the solutions and invites the reader to complete exercises targeted to specific brain-processes that bring us closer to realizing our dreams.

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