


Abundance Now: Amplify Your Life & Achieve Prosperity Today

Lisa Nichols , Janet Switzer

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New York Times bestselling author, Personal Transformation guru, and life coach for the *Steve Harvey Show* and *Today*, Lisa Nichols shares her journey from scarcity to abundance, outlining steps everyone can take to create abundance in career, relationships, self, and finances—while creating a legacy for others to follow.

Twenty years ago, Lisa Nichols was a single mother dependent on public assistance and jumping from one dead end job to the next. Determined to break out of the defeatist mindset, negative behavior, and bad habits that were holding her back from success, she resolved to change her life. Today, she leads the life of her dreams.

In *Abundance Now*, this icon in the field of personal transformation shares her secrets to creating a life that is rich in every way possible. Focusing on the four areas of life that must be refined to bring true abundance, or the 4 E's—Enrichment, Enchantment, Engagement, Endowment—Nichols identifies the framework upon which a fulfilled existence is built. *Abundance Now* offers provocative lessons, actionable plans and real-life case-studies, and makes clear what we must do every day to attract abundance, how to act as if we are already leading abundant lives, and how to open the door to a life of richness in our work, our relationships, our finances, and in our view of ourselves.

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From Reader Review Abundance Now: Amplify Your Life & Achieve Prosperity Today for online ebook

Jeronica says

Typical "I did it, so can you" book!

Lyn says

Abundance Now. This book gave me sparks of joy. At the moment I am in transition. I bought the books several months ago. I was needing something to give me life. I pulled the book out because I listen to Lisa on YouTube, I've seen her on Steve Harvey and Oprah, and I watched her on the Secret. I'm glad I started reading. As I reading, I could here her voice. Yes! YES! I was already on a reevaluating journey of my life and what I wanted for my life. This book summed it up. This book broke it down. This book gave me life. This book I will keep close for a review of the areas I do need to focus on. Once I get my finances together, I will be in a future audience gleaning from Lisa and the others. The 4 E's were powerful. The 1st E- Enrichment shook me, but I got it. That 4th E- Endowment had me on my TIPPY TOES. Yes! YES!. I have my notebook and like Lisa said, you can't hit a moving target,.I'm moving. Thank you for sharing your gift.

Cindy Wyatt says

I don't usually read this type of book (it was for a book club at work) and I am generally amazed that some people manage to get paid for writing things that are just common sense, but this book did make a few good points.

Devin says

Excellent book. Very motivational with tons of quotable lines to post on your wall.

Notes:

Abundance is your birthright (6).

Abundance-privileged circumstances (12).When you're living a life of privileged circumstances, you get to play a bigger game, connect with people who are making things happen, encounter more opportunities for advancement, and, along the way, take pleasure in a lifestyle that would be admired by many. It means you have the freedom to pursue those things you want to do, be, and have-including what your occupation will be, whom you'll share relationships with, the activities you'll enjoy, the possessions you'll own, and the ways in which you contribute to others and give back to society through philanthropic endeavors (12).

"What I've discovered about abundance is that it's a mindset more than it's your actual circumstances." (14)

***Have you defined what prosperity means to you, instead of adopting someone else's version of abundance? What does Abundance look like to you? (16)

"Only the decision to focus on living abundantly now can make eventual prosperity meaningful"(18). It's all this who will bring about the future you want (19).

***Make it your goal to accomplish at least 2 things every 90 days that directly increase your income or business revenue (20).

The Universe needs specific and compelling instructions from you to bring about the self-transformation, career gains, beneficial relationships, and financial wealth you want to achieve (21). Unclear goals make producing clear results impossible. What would your life look like if you had already achieved your dreams? Strive to create a very clear picture in your mind. Decide how much financial wealth you'll amass then assign a specific date by which you will have accumulated that exact amount (22). What form will this wealth take? Real estate, stock in your own company? What kind of person will you have become to capably manage this wealth? The key to visualizing your ideal life is to see it in pictures that are so real that you actually form an emotional relationship with what you want. What would you be feeling as you wake up in your dream home, spend a productive day in your dream career, enjoy your closest relationships, and reflect on the financial wealth you've accumulated?

Setting goals (beyond just wealth and material goods) and working towards them daily are the hallmark of an abundant life (25).

"It's common for people who are working on their own self-development and proactively creating their future to outgrow their friends." (29)

"Being joyful about your work is the key indicator of whether you are on the right path for your career" (30). You're not defined by what you do. You're defined by who you choose to be while doing what you do. Your business should be designed to give you access to the lifestyle and personhood you choose-not tie you to something you hate or make you question whether you still love it (31). Determine those activities, skills, relationships, and accomplishments you would like to fill your day. Envision the perfect workday and jot down what you'd be doing, the kinds of people you would be interacting with, and the kinds of activities you would be involved in. If you want to live in a breathtaking home, drive a luxury car, travel first class, or fund a philanthropic endeavor, research how much money that will take (32). Then create a strategy that earns that amount-or more.

Hope is not a strategy (33). Small actions can ignite your service fire and help you formulate exactly what you ultimately want to do for others, and the world (34).

When developing your goals, it's imperative to be specific. State how much and by when (38).

"Back when my transformation was starting, to confirm to myself just how much abundance I already had in my life, I spent ten minutes every morning in gratitude-choosing ten things to be grateful for that did not cost money." (41) Energy grows where energy goes. "Scarcity is more a mindset than a financial condition or physical condition. If you are stuck in scarcity physically, it's because you may be unconsciously committed to it mentally." (42)

* If you have a job and you blame your lack of financial wealth on your employer, realize that you've just surrendered your financial future to someone who did not even ask to take on that responsibility (44).

Because we fear other people's perception of us, we actually become more committed to looking good than to succeeding. We would rather stay stagnant and look good in mediocrity than risk making a fool of ourselves reaching for extraordinary (45). To achieve an abundant life, you're going to have to take the position that you would rather be in motion and possibly make a fool of yourself reaching for the extraordinary-than be complacent, ordinary, and living in mediocrity (46). ***Set aside every day to close your eyes and focus on your goals- creating vivid pictures in your mind's eye that incorporate color, sound, emotions, even scent (47). Visualize your goals as already complete by a specific date, even by a specific time of day. The more clear and compelling detail you can include, the more accelerated energy will be released. You will become what you think about every day (48). Visualize yourself doing work that you love, and expressing yourself creatively in ways that feel just right for you (49).When you do visualize, don't

worry about how your goal will be accomplished (51). "Set the intention of what you want-then let the Universe provide the mechanism by which you'll achieve your goal." The reality is that merely wanting to achieve a goal isn't enough (53). You have to proceed as if the achievement of that goal is non-negotiable. Being non-negotiable also means that "really wanting" your goal is not enough either. When you're not 100% committed, you still have an "out", or a chance of stopping or becoming unfocused because you haven't taken other options off the table (54). While reaching your goal should be non-negotiable, how you get there should always remain flexible. Make sure your plans can be adjusted as needed whether it's changing strategy, partners, or other paths to your goal.

"I've realized that I have to stop sharing my million-dollar dreams with hundred-dollar people."-Steve Harvey

As you move forward in your ideal life, don't blame others for not seeing your vision. God gave your vision to you. Don't try to convert your family to be your fans or supporters. Allow people to show up as they will. The people who are closest to you will often experience mild to moderate disruption when you begin pursuing your goals in earnest. Why? It's because you're disrupting what's familiar to them-they're becoming uncomfortable with change (56).

** "It's never crowded along the extra mile."-Dr. Wayne Dyer (58). The fear-based or limited thinkers in your life don't want to go the extra mile. They don't want to step up, get better, do more, be uncomfortable, or get out of their comfort zone. And they don't want you to, either. Not because they don't want you to win, but because they don't want to be left behind.

The First E: Enrichment of your whole self

The most critical ingredient to living an abundant life is your mindset (61).

Strive to be at peace with all your choices, actions, and decisions - including all your past actions. You must free yourself from any regret, shame, or blame of yourself and others (65). Plan for what you want to create - not what you want to avoid.

* "Man's rejection is God's protection. There is something better for you waiting for you"

Accidental success is a myth, so be methodical and disciplined in pursuing your dreams (69).

It's easier to dream from a place of abundance than from a place of lack (70). Recognize that each choice you made up until now has either given you a great outcome or a great lesson (71).

Abundant, prosperous people have a tendency toward action (72).

Only a bigger person can admit they need help (75).

"I gave up the need to manage other people's perceptions of me." (76) If you simply tap into your gifts, put fear and ego aside, and find new ways to serve people, the revenue streams will follow.

You've trained people how to treat you (79).

Caring for yourself so you can pour into others is not indulgence. It's necessary (80). Good health is not optional.

**"Staying angry at someone is like drinking poison and hoping the other person dies" (81)

Other people's opinions of you are really none of your business (82). No one around you should define you.

*Do you see money as a tool or an end goal? (91)

Be aware of your spending, but focused on your earning. "While I'm aware of what's being spent and how we're saving on costs, I put my real energy into growing our top-line revenues. It's said that you get what you focus on. Energy grows where energy flows." (92) If five other talented people can do tasks as well as you (or better), it's not the highest and best use of your time for you to do it. It doesn't deliver the highest return on your time spent (96). "If you made a list of all the things the outcome of which only you can influence, then committed to spending 80% of your workweek in those areas, you would see your goals achieved in record time."

Be masterful at creating a clear vision, communicating it in compelling detail, and enrolling others to come along for the journey (100).

*Your life hasn't gotten worse due to 'failure.' It simply stayed the same (105).

"The truth is that you don't have to outrun fear. But you do have to look it in the face and take action anyway." (107) When you do make your way through the fear-storms and take actions, celebrate those small accomplishments that will lead to your new life (108). What's celebrate gets repeated (109). Energy grows energy goes. And when you invest energy in celebrating yourself, you get inspired to produce even more results. Enriching yourself is the first step to success (110).

The Second E: Enchantment in your life Relationships

Your quality of life is determined by the quality of your relationships. What are the relationships we should all value the most? Those that inspire you to become the best possible version of yourself, those that call you to your greatness, and those that hold you accountable to the person that you are becoming, versus holding you hostage to the person you have been (112).

Recognizing and owning that you need to build your own communication muscle in a relationship is one more way to be more compassionate and understanding (117).

***A relationship is a relay.

Communication that is belittling and degrading is abuse (118). Healing cannot occur if the other party believes you'll engage in the same hurtful behavior in the future (124).

"In every area where I want to grow, I know exactly who I admire and aspire to be." (128) When you are choosing your role models, choose people who are at least two steps -and ideally ten steps - ahead of you in that particular area, so there's room for you to grow into their level of success.

When you are living in abundance, your community is filled with supportive individuals who serve you - and whom you can serve in return (135). While you don't want to be picky in attracting the kind of people you want to have around you you do need to become firm and explicit about what are non-negotiable characteristics for you (137). Don't make your community and loved ones guess what you need. It's not fair to them (143).

Turmoil happens when we try to turn a purposeful relationship into a lifetime one (149).

Be in bold radical action toward goals. Ideas and visualizations are worthless without action (158).

The Third E: Engagement in your work for more than financial reward

"The secret to my success is that I grabbed my fears by the hand, then leaped off the ledge." (172)

When your spirit calls you to seek and acknowledge God's plan for you, to dismiss it is unacceptable (174).

"Comparison is the thief of joy"- Theodore Roosevelt

You cannot be creative wondering if your bills are going to be paid, or worrying that you have only limited savings to live on (180).

Grow yourself as a career professional, as a subject-matter expert. This will help you stay enthused and inspired by the work you do all day (186). "I find that I personally stay enthusiastic whenever I'm improving, growing, taking on new challenges, or stepping up my game." (187)

When you share what you know, you become a more value-added friend or colleague (190). Work is an act of service that you are being paid to deliver for people. One final way to stay inspired and enthusiastic is by looking at what you're accomplishing for people.

Lots of littles are better than one big break (193).

*If you decide to start a business, here is some clear and important advice:

Forecast your plans for growth. Navigating and forecasting plans for growth at least 18 months to 3 years out. Chart the path of where you're going, where you want to end up, and what would be considered a step or goal along the way. This way, you're not reacting to opportunities - but rather, you're creating opportunities in the direction of your plan (196). When you don't make a plan, you're forced to make it up as you go along (197).

-Get good at marketing. Your company may offer amazing solutions, but if no one knows about them, your business isn't worth anything.

-Sell like your life depended on it.

-Spend more time learning how to be an excellent CEO than you spend on your area of technical expertise
When you approach others to learn from them, don't ask "Can you train me?" but rather, "Can I be free labor for you?" (201)

The Fourth E: Endowment for a Beautiful Future

Women own just 20% of businesses making over \$1 million (213).

80% of individuals will never be financially free (232).

I have a clear, written, working business plan or personal life plan? I use a financial tracking system such as Quickbooks for my business or quicken/mint online for my personal finance? I have and follow clear goals - daily, weekly, monthly, and yearly?

I know how much money I need to save and invest to achieve financial abundance? When your investments reach the point that you no longer need to work to survive that's real prosperity and abundance (242).

"Following a budget that lists your minimum monthly expenses is virtually the only way to become financially abundant." (249)

*If you're a good writer, why not offer to write press releases or brochures for local businesses, churches, or non-profits? You would be surprised by all of the small to medium businesses that waiting on someone to come and assist them. They are just too busy to go find those people they need consultant help from." (254)

Do what you need to do now to enjoy the life experiences you want (262). You make the world a better place because you are here manifesting great things. The Law of Attraction says: What you think about, talk about, believe strongly about, and feel intensely about, you will bring about (267). Your life is the physical manifestation of your thoughts and your energy. You shape your life experience in your mind first by what you think, then in your mouth by what you say, and finally in your actions by what you follow through on. Your life experience takes shape in your mind first. *Everything you think about your life is true.

The quickest and most effective way to receive what you want is to maintain a state of gratitude for what you have already received (272).

*If you're not afraid, you're not playing big enough (276)

*"For me, legacy means living every day being worthy of the story that's going to be told about me one day." (279)

When you are extremely successful at what you do, the result of 'earning more' simply means that you are also creating a greater impact in the world. You can help more people (280).

Besides family culture, spiritual foundation, and healthy lifestyle norms, the greatest financial legacy you can pass on to your successors is the right mindset around money (282).

Getting into relationship with people who can lift you up, then introduce your successors to them, is the best way to live your legacy today (284).

Successful people have a bias for action (294).

Master what only you can do (295).

When you know the "what," you can figure out the "how." (297)

Monique says

Make it your goal to accomplish at least two things every 90 days that directly affect your bottom line. That is to increase your income or business revenue.

You cannot hit a moving target. Unclear goals make producing clear results impossible. p. 15

Start with the end in mind. You can only complete a goal if you actually get started. Break your goal down into small achievable tasks and do something towards those goals everyday. Stop making excuses and just do the hard and dirty work to achieve your goals.

12 areas where you can achieve astounding success

1. Love relationships
2. Family relationships
3. Peers, colleagues & social circle
4. Mentors and advisors
5. Career or business
6. Income or business revenue
7. Investments and future legacy
8. Life of service
9. Physical rewards (home, car, possessions)
10. Playtime (fun down time)
11. Spiritual awareness
12. Physical body

Gratitude will help move you forward.

Visualize your abundant life as already achieved.

Become non-negotiable about your goals.

"Don't wait for fear to stop before you leap. Be willing to leap afraid." p. 54

The 4Es...

Enrichment

Enchantment

Engagement

Endowment

Print pages 89-92

You don't have to master everything.

Your real treasures are in your cultivated relationships not your owned possessions.

Find someone that inspires you. Search for them on YouTube, watch Ted Talks, read, listen to audiobooks and search the Internet for stories that inspire you. Do your due diligence...investigate.

Who is on your breakthrough team? Do they push you to be a better person? Are they impactful on the job? Do they want the best for you? Are they honest in their conversations?

Evolve those around you: you'll outgrow those who don't grow with you!

Don't live someone else's life assignment.

Comparison is the thief of joy. Theodore Roosevelt

Stay infused, enthused, and inspired. You can do this with career development/growth, celebrating accomplishments, being a constant learner, be the go-to-expert and share your knowledge without expecting something in return.

You are a magnet for what you focus your energy on. Discover first what you like to do most. Then, proactively look for opportunities to do more of what you like not more of what you don't like.

Spend time doing the research. Spend 4-6 hours of research a week for 30 to 45 days before making any move. Get a three ring binder and fill it with the information and data your research reveals. Learn from the mistakes of others in this area. Learn their best practices. Then see if what you're investigating is a fit for you.

Multiple streams of income are the best route to wealth.

My grandmother says that convenience and conviction don't live on the same block. Your convictions will require you to be inconvenienced. Lisa Nichols

Gratitude is the magnet for everything good and empowering. Fear and lack lose their power in the space of gratitude. Lisa Nichols

The Law of Attraction delivers. Specificity matters. Ask. Believe. Action. Receive.

Take action. It's the only thing separating you from your dreams. Lisa Nichols

Sarah Lee says

I was listening to this on CD. I made it to disc 9 out of 10 and just couldn't do it any more. She is funny and writes as though you are friends just sitting down for a chat. However the book is very repetitive and not only does she quote herself a lot but she has some of the quotes read in a mans voice on the book on CD version. It's a great rags to riches story, but this book makes it sound so much easier than it truly is. I'm sure this is very inspirational to many people out there, but it didn't make me feel much better other than the times she cracked jokes and made me laugh. I only made it that far because I forced myself, but today there was traffic and I was stuck in stop and go and I just couldn't listen one more minute.

Carlyle Roberts says

Very motivational review of how the author changed her life. She introduces concepts that can help readers do the same through the principles of enrichment, enchantment, engagement, and endowment. This is truly inspirational. It is even better when hear her personally narrate it (audio book).

Lucie Paris says

Interesting but full of repetitions!

Written like the author was chatting with you or giving a speech to an audience, at some point you are asking yourself why Lisa Nichols is going, back and forth, with her ideas and advices to motivate you.

Why can't you close a chapter and move on to another topics without coming back to the same thoughts being reformulated?

Don't get me wrong, the ideas and tips are easy to practice and she is very good with motivation.

Ok, there is some cliché and you have already heard of the power of visualisation and positive thinking before. Especially, when you read a book where you are looking for guidance to change your life and yourself. It often means that you are in need of been told, again and again, that you are great, that you can reach your goals and that you are not lacking.

But compare to other book, I got the feeling that I was looking at a show. So in the middle, I got less enthusiastic about my read. Too bad, cause she points her fingers nicely on a lot of ways to change our views on our life, relationship and how to achieve our dreams.

See for yourself!

Lucie

<http://newbooksonmyself.blogspot.fr...>

Sara Hanson says

I think the book goes into great detail about what you can do to help yourself get out a rut. It gives solid advice, even though it's sometimes similar to other self help advice. It's really is what works if people would try it. I like that though out the book she actually makes you participate in things and learn, she is informative, positive and motivating! It was well worth the read!

Robin says

Great read

This gives practical tips on how to improve your life by giving you the four "e"'s to live by. Although I don't necessarily believe think it and it will come to me, she also states you need to be proactive to your dreams as well. She gives good practical advice.

Bridgett Renay says

Lisa Nichols is truly a Godsend. This informative book guides its readers through the steps anyone can take towards living an abundance life. Its main theme of “success is your birthright” is explored on several levels

that proves the actions required to living your best life is entirely doable.

BewareTheWildAnimals says

This is actually a fabulous book! The information is strong, current, well explained, and thoughtful. Lisa Nichols uses real examples to prove her points in a clear and understandable manner. She presents many ideas that can be immediately acted upon in order to improve your situations and relationships. I highly recommend **READING** this book...and that is where my lack of a star comes in to play. I "read" this via audio which is recorded by the author herself. It is highly probable that most people will have no issues with her performance, and will in fact enjoy her relaxing voice. This works well especially during the portions that cover meditation. In order to get the most out of it, I do recommend either not listening while driving or working out etc, or at least going back to those bits when you have time to close your eyes and relax into it. My issue is with her pronunciation of words on a repeated basis. If you are going to write a book about excellence, shouldn't you portray excellence yourself? For me, again my own personal feelings that may be a bit nit-picky, I want to listen to leaders who do not butcher their pronunciations. It became distracting as I even found myself making mental notes of the words she was mis-pronouncing as I listened. Please do read this book. There is so much that is good in it.

Morigan Shaw says

A great read from Lisa Nichols

Some fantastic nuggets of wisdom, and a lot of common sense (which isn't always so common anymore), and packed with actionable steps you can take right now to shift your thinking and your life. Definitely a book I'll recommend to others.

Joseph Young says

In my mind, I picture this as a 5 star book.

If you have this book, you already had a free ticket to one of her talks! You just need to buy a book for all your friends who want to go! Obviously, investments in coaching, seminars, and newsletters are all worth it. And hey look?! Nichols just happen to have all these things she's selling at worthwhile prices!

Her biography is not too bad as an inspirational talk. However, the advice, while some is worthwhile, is quite spread out and not as integrated as well as could be into the rest of the stories. Further, I do take issue at her seeming to take for granted her parents giving her options as opposed to struggling in their previous positions. Her advice can help someone develop their business, but a lot seems to be common sense. Eg, don't get distracted from the real goals, and just do it.

Further, this book just isn't for me. I'm not interested in the sort of decadence this book seems to offer (or does it?), and would rather appreciate the small things.

additional note:

The book just saying "appreciate the small things" is but small lip service to it without adequately describing what these are. The book focuses on the big things.

Jacinta Staples says

Excellent book! I love her insight on how to remain full of joy and live in peace while transitioning to an abundant life...now!
