



# Polestar Communications

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## For immediate release

### **Stephen Hawking meets Shirley MacLaine?**

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Have you ever wondered why mind-body exercises like visualization and affirmation work so well? Could there be a scientific explanation?

Natalie Reid, Ph.D. says the answer actually resides in the subatomic world of quantum physics.

“Like many people, I suspected there was some scientific law that made mind-body techniques effective, but I had no idea what it was,” says Reid, a life coach who works with individuals and groups incorporating 30 years of exploration in psychology, coaching, meditation and mind-body connection. “More recently, I studied quantum physics and was surprised to discover that this science, with its cold, hard, unalterable facts, explains why using personal, feeling based mind-body techniques actually work.”

Startled by her own findings, Reid was even more surprised to realize that this knowledge—that quantum physics can account for the validity of nonphysical techniques—was not clearly recognized anywhere, at least not anywhere she could find.

“Certainly it’s not discussed in the scientific community or by the population at large,” Dr. Reid says. “It is simply not common knowledge.”

In her new book, *5 Steps to a Quantum Life: How to Use the Astounding Secrets of Quantum Physics to Create the Life you Want*, Reid explains in understandable terms the mysterious workings of the quantum and shows how you can use the magic of this amazing science to create the life you want.

“Once people know the science behind how mind-body or metaphysical techniques work, they can give themselves permission to use these techniques to create happier and more successful lives,” Reid says.

Written in the tradition of *The Secret* and *What the Bleep Do We Know!?*, Natalie Reid’s book explores how we can heal issues from the past, avoid self-sabotage and make extraordinary changes in relationships, work, finances and any other area of our lives.

“I’ve developed an easy-to-use 5 step process to help people manifest their own new reality,” Reid says. “The great news is that you don’t have to understand the intricacies of quantum physics to put its remarkable secrets into action.”

To learn more about Natalie Reid and her book, visit [www.wingedhorsepublishing.com](http://www.wingedhorsepublishing.com). Review copies are available upon request.

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