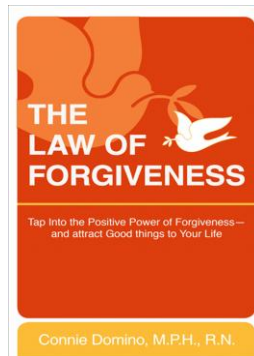


THE LAW OF FORGIVENESS

Participants

Book Study Guide

3 Weeks Series



By

Connie Domino, MPH, RN

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SESSION CONTENT AND PROCESS QUESTIONS FOR THE THREE WEEKS

SESSION OR WEEK 1 (2 HOURS) (PGS 1 - 57)

I. Introduction and Welcome

- A. **Arrival, Name Tags, Workshop Packets/Handouts, Getting Seated (10 min)**
- B. **Introductions** – each participant introduces themselves and shares with others what “attracted” them to this book study group. (5 min).
- C. **Centering Activity (5 min)**
- D. **Welcome** - Agenda for the 3 weeks, (5 min).
- E. **Semantics** – Group members that participants may have a diversity of words they use for anything spiritual, and everyone’s words should be respected. (1 min).

II. The Law of Forgiveness Self Talk and Guidelines for Forgiveness

- A. **The Law of Forgiveness Self Talk Exercise-** Complete handout on page 2. (Writing part - 5 min.)

The Law of Forgiveness – Self Talk

Complete this statement.

Forgiveness is

What is a positive thing you believe about forgiveness?

What is a negative thing you believe (or have believed in the past) about forgiveness?

How was forgiveness demonstrated in your family as you were growing up?

How do you demonstrate or practice forgiveness now?

Based on your best understanding, what is the Law of Forgiveness? You may choose to read this short section on [pages 5 – 6](#) after the discussion or ask a group member to read it.

B. Processing the Law of Forgiveness Self Talk Exercise (20 min.)

C. Scientific Evidence for the Power of Forgiveness (pages 48 – 57)

D. Enacting Forgiveness (1 hour). (pages 30- 43). Now we are going to discuss the Guidelines for Forgiveness and learn a simple affirmation that can be used to forgive others, for others to forgive us and for us to forgive ourselves.

a. Guidelines for Forgiveness - starting on page 30. There are 11 guidelines for forgiveness, including self forgiveness.

1. Who should I forgive –

Possible discussion question: What do you think the importance is of forgiving everyone you can think of past and present – alive or deceased?

2. How do I know I need to forgive –

Possible discussion question: Would it be easier for you to begin with the people you are most angry with or with those you are least angry with? Why?

3. What if someone needs to forgive me?

Are there people you would like to forgive you? Which list is longer – those you wish to forgive or those you wish to forgive you? Why do you think one list is longer than the other?

4. Forgiveness is something you do for yourself.

Did this statement surprise you? What beliefs did you hold about forgiveness in the past? Does the belief that forgiveness is something you do for yourself make sense to you? Why or Why Not?

5. Forgiveness Breaks a Bond of Negativity.

There is a saying that “To forgive is to set the prisoner free and then discover the prisoner was you.” Anonymous. Define what you believe is meant by this statement.

6. Upon Forgiveness, Energy is immediately released to bring Your Goodness.

A significant number of workshop participants report that they receive one or more blessings (most unexpected) within about a week of working down their forgiveness list. Why do you think this happens?

7. Breaking the Bonds Affects the Others as Well

Most surprising those who forgive often report those they have forgiven (and still have contact with) are nicer, easier to get along with and more generous, many for the first time ever or the first time in years. Since the people forgiving

them complete their affirmations in private, what are some of the reasons you believe this may be true?

8. And 9. Contacting the Other Person and You Do Not Have to Reconcile the Relationship in Order to Forgive.

How important do you think these two items are in order to encourage people to forgive? Do you think more people would forgive if they knew they didn't need to contact the person they were forgiving and/or didn't need to reconcile the relationship?

10. Forgiveness is Freeing – After forgiving, some people report feeling as if a weight has been lifted off their shoulders or as if they actually weigh less and feel lighter. What do you think accounts for this physical experience?

11. Forgiveness- Why do you think Self-Forgiveness is just as important as forgiving others? Why do you think some people have a more difficult time forgiving themselves as compared with others?

b. How to Enact the Law of Forgiveness – (page 43- 46). (15 min).

c. The Three Affirmations – (pages 45- 46).

1. Affirmation to Forgive Others (pg. 45)

2. Affirmation for Others to Forgive You (pg. 46)

3. Affirmation to Forgive Yourself (pg. 46)

4. Questions

E. HOMEWORK – Week 1 – USING THE FORGIVENESS TECHNIQUE (Chapter 2) Instructions for group members.

a. You will read the article (**pages 6 - 8 of this study guide**) and then make your forgiveness list (**page 9**) of everyone you can think of from the sandbox until today you need to forgive.

b. **Review pages 44 – 46** that give instructions on how to use the forgiveness affirmation

c. For your homework, you will use your forgiveness list that you made and following the directions on (**ages 43 – 45**, you will say the forgiveness affirmation (**bottom of page 45**) for everyone on that list. (Or, make as much progress on the list as you can).

Next, you will use the forgiveness affirmation at the **top of page 46** for those you wish to forgive you. And, third don't forget to use the forgiveness affirmation in the **middle of page**

46 to forgive yourself. You may complete this over several days, or weeks. You can say the forgiveness affirmation for people as you think of them after you have completed working through your list. Please note any changes that happen in your life after saying the forgiveness affirmation. You do not need to work through the whole list before you will see changes. Some changes may be small and some may be big. So, jot them down so you can remember to share the changes you feel comfortable sharing with the group when you meet next time.

Also, if you have time, read **Chapter 4, pages 58 – 75** about the 3 Step Technique as that is what you will learn about in Week 2.

F. Closing/Wrap Up

The Law of Forgiveness

TEN PEOPLE OR ORGANIZATIONS YOU MAY WISH TO FORGIVE NOW

by Connie Domino, MPH, RN

On April 17 and 18, 2010, I was honored to have been invited by Rev. Ed Bacon to All Saints Church in Pasadena, CA to present a workshop about the powerful Law of Forgiveness. I met Rev. Bacon when I was interviewed by him for Oprah's Soul Series in November. This article was written for the All Saints newsletter. We both feel forgiveness is one of the most empowering things we can do for ourselves and others. In fact, a lack of forgiveness may be the largest barrier in your life – it could be blocking dreams and goals in every area of your life from manifesting.

Out of the workshop came the idea of setting up book study groups to study the material more in depth. In the book study you will learn, a simple technique for forgiving others, and a 3 Step Technique for improving relationships you wish to reconcile. With both these techniques, you do not need to contact the people you are forgiving. And it is important to know that you can forgive without reconciling the relationship. The book study group will discuss how these same forgiveness techniques can also be used to transform the world toward one of peace and reconciliation.

An article about this list appeared in the All Saints newsletter around the time of Lent. Now this list is being included as homework to prepare for Week 2. For your homework you will read over the list below and allow it to remind you of those you need to include on your personal forgiveness list. You will write the names on your forgiveness list on [page 11 of this study guide](#).

As you develop your list of those you wish to forgive, here are 10 people or institutions you may wish to include:

1. Parents

Parents are at the top of the forgiveness list for many people. Most parents did the best they could. However, even if they didn't, you can tie up most of the energy you need to meet dreams and goals in your life by continuing to harbor anger and resentment toward your parents. Forgiveness does not mean they were correct in their actions that hurt you. Forgiveness is not something you do for others, it's something you do for yourself. It releases the hold the past has on your life, allowing you to meet your dreams and goals.

2. Spouses/Significant Others

This is a hot topic in my goal setting and forgiveness workshops. Sociologists who study the history of marriage tell us that there are at least two primary reasons so many of our marriages fail. One is that modern Americans are one of the most marrying societies in written history. We have more marriages than ever recorded leading to more divorces than in the past. In addition, marriage has been so romanticized; we may expect more from our spouses than they can possibly deliver. This unique situation requires more communication, more patience and more forgiveness than ever before.

3. Siblings, and other relatives

Most siblings experience some type of rivalry. As adults we may need some professional assistance to discern if the line was crossed between a normal amount of rivalry and whether the relationship was actually abusive. Forgiveness can provide great healing for anyone who has experienced an abusive relationship with siblings. You may need to forgive other relatives too. Maybe your children made you angry, didn't meet your expectations or never call or come to visit. Forgive your children. Life is much too short and they are much too special.

4. Friends

It can be especially painful when you have been hurt by a friend. Friends are people you have made a conscious decision to be in relationship with. The special relationship we develop with friends usually involves mutual trust. When we are betrayed by a friend, we may begin to question our ability to recognize qualities we hold dear such as loyalty and honesty. We may wonder if we possess some sort of character flaw that makes us susceptible to attracting people who take advantage of our good nature. Forgiveness is especially important to heal when we are hurt by a friend.

5. Supervisor/Boss

People who work full-time may spend more waking hours at work than at home. When at home, most people have some authority over their routine, but at work, the boss is in control. When most people join the working world, it doesn't take long to discover that a significant number of people in supervisory positions are not cut out for the job. Forgiveness, even on a daily basis, can become an important strategy for making peace with the boss.

6. Coworkers

There may be days you feel more like you are in junior high school rather than work. By the time most people are adults, they have developed set patterns for establishing their place in the tribal society we call "the workplace." While many co-workers are actually helpful and supportive, there always seems to be at least one or two who are bent on taking the "fun" out of *dysfunctional*. If your work environment has become emotionally toxic, forgiveness can provide the scrubbing bubbles needed to clean it up.

7. Governments/public agencies and organizations

It's easy to get mad at a non-personal entity such as a government or other public agency. It has become obvious that too many elected officials seem to have forgotten that it is the people who elected them they represent and not lobbyists and their generous donors. Those trying to receive their services may feel like another number or just a statistic. When forgiving a government or public agency it is important to remember that it is still people who make up the agency. It is still people who need to be forgiven.

8. Private businesses/agencies/organizations

As baby boomers we were taught that if we were loyal, hardworking employees that we could expect to be taken care of by our employers with frequent raises, benefits and a retirement package. My husband faithfully worked for a company for 25 years, until the leadership announced they were sending his job and others overseas. Along with many other American workers, we felt betrayed. It took my husband several years to land a job with a similar company. We had both forgiven all the people we could think of from our past and present, but had not thought of forgiving a company. When we fully forgave my husband's company, the company he wanted hired him within two weeks. Forgiveness works when directed at individuals and just as well when directed at businesses.

9. God/ Higher Power /Religions

I am always surprised by the people who claim to be angry with God or their higher power. They believe that God should intervene constantly in human events, preventing bad things from happening to good people. They may be forgetting that it is free will that makes us distinctly human. This includes the free will to do good or the free will to get into trouble. If given the choice, I believe most people would refuse to relinquish their free will, even if it came with a guarantee of a robotic but more peaceful existence. Instead of blaming God, we need to accept responsibility for our actions and hold others accountable for their actions. Forgiveness releases the past to make way for a more positive future.

10. Yourself

Some people have a difficult time forgiving themselves. They feel guilt and shame for events long past. They blame themselves and become their own worst enemy. When you begin working on your forgiveness list, don't forget to place yourself at the top. Forgiving yourself will lighten your burden and make it so much easier to forgive others.

*Connie Domino is an author, life coach, trainer and speaker. Her new book is *The Law of Forgiveness: Tap in to the Positive Power of Forgiveness—and Attract Good Things to Your Life* (Berkley Books, 2009). She lives in Raleigh, NC with her husband and two children.*

SESSION OR WEEK 2

(2 HOURS) (PGS 56-77, 86-96, 97-99)

- I. **The Three Step Technique – How to Positively Affect a Difficult Relationship**
 - A. **Arrival, Getting Seating, Welcome (10 min)**
 - B. **Introductions** – If there are any new members, each participant introduces themselves. **(5 min)**.
 - C. **Feedback from last week and homework. – Review Feedback, Results, Blessings and Manifestations** - On week 2, group members will describe how they felt after using the affirmation technique and if they noticed anything different such as: relationships improving, receiving emails, checks in the mail, or phone calls right out of the blue that they weren't expecting. Did anyone have a goal or dream of even something small they wished for come true? The group shares. **(10 min)**.
 - D. **FORGIVING THOSE YOU ARE STILL IN CONTACT WITH AND/OR STILL WISH TO HAVE A RELATIONSHIP WITH (Chapter 4, 58 – 77)**

Introduction

The forgiveness affirmation described in **Chapter 2 pages 44 – 46** that you worked for Week 1 Homework, should be said for everyone you can remember you may feel anger or resentment for from the sandbox until today and say one more affirmations for any anyone you may have forgotten. You do not need to contact these people unless you wish to.

Now, what about the people that you must still be in relationship with whether you like them or not, e.g. for example, your ex-spouse with whom you share custody of children, or your co-workers, or supervisor? OR, the people you desire to be in relationship with but you wish to improve your relationship? What about those of you who aren't sure you're dating or married to the right person? **You will use the 3 Step Technique for Positively Affecting a Negative Relationship described in Chapter 4 on pages 58 – 75.**

- F. **THE 3 STEP TECHNIQUE FOR POSITIVELY AFFECTING A NEGATIVE RELATIONSHIP**

Review each of the 3 Steps on **pages 59 – 62**
Look on **pages 20 - 21** of the workbook and to follow the Law of Forgiveness Action Plan while we complete this exercise.
This is the Action Plan Form you will use to complete the 3

Step Technique for a person you wish to improve a relationship with.

STEP 1 – (pages 59 – 61) FIRST Write an affirmation for the relationship as you wish it to be, not as it currently exists. It should be written like this:

My relationship with their name has the following positive qualities list the qualities by list the goal date 3 weeks from now .

Again, list only the positive qualities you desire to have in the relationship.

NOTE: It generally takes 2 – 3 weeks of saying this every day -- 3 times or more per day --to see results. People generally experience positive results and the relationship improves. The person for whom they are trying to improve the relationship becomes more cooperative, more understanding and easier to work with.

For those who are trying to decide whether to stay in a relationship or leave it, I tell them from my past work with clients (if they say their affirmations 3 or more times a day and complete the rest of the 3 Step Technique) -- You will generally have results in 2 – 3 weeks. Either your significant other will come closer to you (this happens about 60 % of the time), OR they will move further away and become more emotionally distant (this happens about 40% of the time). Either way, this will give you information with which to make your decision about the relationship when you are ready. Remember, you are in the driver's seat; you don't have to make any decisions or moves until you are ready.

SECOND – Ask yourself why this goal hasn't already come true. This will uncover psychological blocks and barriers that my keep the goal from manifesting. List the reasons on the white board or flip chart. For example: "Bob only cares only for himself; Bob works too much; Bob is tired and grouchy when he gets home."

These negative excuses they have listed are in reality the blocks and barriers preventing their goal from manifesting.

Turns all these negative statements around into positive affirmations and writes them on the board or flip chart. They should read something like: "Bob is now compassionate and thinks of others. Bob understands the necessity of spending quality time with his family and returns home from work at 5:30 p.m. and we have a family meal together. Bob feels rejuvenated when he returns home and is kind to the family." Make sure all words in the affirmation are positive and forward moving. Make sure to write the affirmations as if they are already true. Do not use words like "will, want, or intend." OR, you will be left "willing, wanting or intending" to meet this goal.

Also, do not use words such as “debt-free, pain -free or addiction-free,” OR, your subconscious mind will key in on the negative words, “debt, pain and addiction” and not on the word “free” Mark out the negative excuses or barriers listed on the board or flip chart now, so the brain and the subconscious mind only sees the positive affirmations to your barriers and blocks. These positive affirmations to barriers and blocks are written on [page 20 of this workbook](#) under STEP 1, Part C.

STEP 2: (page 61) Say the forgiveness affirmation for the person you have listed in Step 1 (page 45). You may also want to say the affirmation for them forgiving you (page 46) if you feel they may need to. Remember, when you bring them to your mind’s eye to say the forgiveness affirmation, picture their happy, smiling, higher self, not their nasty, mean Earth self. Picture them as they would look if they had treated you kindly as they were supposed to. For people who are not visual learners and cannot bring a person’s image to your mind’s eye, you may visualize the person as a ball of light.

STEP 3: (Discuss pages 61 – 65) Have a soul to soul conversation with the person’s soul or higher self. You will visualize the person in your mind’s eye just like you did for the forgiveness affirmation. You do not need to contact them in person or get them involved. You may complete this step in the privacy of your own home. You may talk to the person’s higher self or you may write them a letter and read it to their higher self. Remember the person’s higher self will not judge you, so you can pour out your heart to them, and visualize them agreeing with you.

Step 3 has rendered the most astonishing results. I am absolutely amazed to discover that we can actually communicate with another person’s soul and the person will comprehend it somehow on a conscious level. The person doesn’t know what has taken place on a conscious level, they just know they feel different, and their behavior will reflect it. This still amazes me!

It may seem strange at first, but in reality we are communicating with other people’s souls all the time and we just don’t realize it. (The leader asks the group members) Remember when I asked you to raise your hand if you have ever thought of someone you haven’t heard from in a while and suddenly they contacted you or you ran into them somewhere. Many of you raised your hand didn’t you? Again, this demonstrates that we are in contact at a soul level whether we realize it or not.

How does this work? When you talk to someone’s soul you are going past their conscious mind which contains the EGO straight to their sub-conscious mind where you can talk to their soul and their Higher and Wiser Self without their EGO interfering. The EGO

resides in the conscious mind and it can become a large obstacle to good communication. The Ego brings up all our doubts, fears, anger, jealousies, insecurities related to the person who is trying to communicate with us, so you can see why this may be a problem and a communication obstacle.

When you say positive affirmations for another person, you need not worry that you are interfering with someone's soul in a negative manner. If something is not in the soul's best interest or for its highest good, it will not accept it. For example, if a young man's parents want him to be a policeman and he wants to be an artist, it doesn't matter how many affirmations they say for him to be a policeman, it likely won't happen.

G. But I'm Still Angry...Working Through the Cycle of Healing When Forgiving (pages 86- 96).

Some people will want to know what it means if they still feel angry after they have forgiven. It means they are still working through the cycle of healing described in this chapter. However, repeating the forgiveness affirmation may expedite the healing cycle and make it easier to heal. **The second and third paragraphs on page 87 describe the stages of healing.** It is normal to proceed through these stages and saying the forgiveness affirmation is still working even as you proceed through them.

FORGIVE AND FORGET. You should let go of the old adage to "forgive and forget." The brain is programmed not to "forget" any incident that was hurtful or upsetting. This applies all the way from eating spoiled food that gives you food poisoning all the way to being with a person who abused you. The brain is programmed to remember in hopes that the person will avoid that particular type food or situation in the future increasing their chance of a long, healthy life. You do not need to forget in order to forgive.

H. You are the Writer, Producer, Director, and Casting Agent of Your Own Real-Life Hollywood Production (pages 97- 99)

Discussion: Share about your real Hollywood production.

I. HOMEWORK for Week 2 is to Use the 3 Step Technique to Improve a Relationship you're already in. You may wish to review Chapter 4 pages 58 – 75 first.

Complete Action Plan Below (pages 20 - 21) as it will give you a format with which to complete the 3 Step Technique. (See example on pages 70 – 75)

J. Closing/Wrap-Up

Law of Forgiveness Action Plan Form

(Complete a separate form for each of your desired goals. Remember, this works best when working on 1-3 goals at a time.)

STEP ONE OF THE THREE STEP TECHNIQUE

- A. Topic Area for the desired goal: Relationships
- B. **AFFIRMATION** for the **DESIRED GOAL**. (Use positive words, be specific, make sure the goal is measurable, and include a goal date.): Repeat 3 or more times a day.
-
-

- C. **AFFIRMATIONS** for any **PSYCHOLOGICAL/ENERGIC BLOCKS OR BARRIERS**: Repeat 3 or more times a day.
-
-

STEP 2 OF THE 3 STEP TECHNIQUE

ACTION PLAN (To-Do List) for making your desire manifest.

- A. State your affirmations (B – D Below) ____times each day (3 or more times with no maximum):
- B. State the forgiveness affirmation for the person their name you wish to forgive (See page 45).
- C. State the forgiveness affirmation for this person their name forgiving you (top of page 46).

D. State the forgiveness affirmation for yourself (page 46).

E. Other:

F.

STEP 3 OF THE 3 STEP TECHNIQUE

A. Have a soul to soul conversation with the person's higher self that you are forgiving. (pgs. 60 – 61). (Have 3 times a day at first (if possible) and then decrease as things are improving.)

COMPLETION

A. **SYNCHRONICITIES** (smaller manifestations), which prove that your desire is manifesting:

B. **MANIFESTATION** Date/Time that your desire manifested into your life, and how you felt when it happened:

Homework – Week 2 continued – You may also wish to Read and Review (pages 8 – 15, 132-162)

SESSION OR WEEK 3

(2 HOURS) (pages 8 – 15, 132-162)

I. The Big Picture: From Personal Forgiveness to World Peace - Join the Forgiveness Revolution

A. Arrival, Welcome (10 min)

- B. **Review Feedback, Results, Blessings and Manifestations - (20 – 30 min)** Describe how you felt after using the 3 Step Technique and the forgiveness affirmation technique. Did you notice anything different such as: relationships improving, receiving emails, checks in the mail, or phone calls right out of the blue that they weren't expecting? Did anyone have a goal or dream of even something small they wished for come true? Share anything you feel comfortable sharing even if it's the smallest detail.

C. **The Big Picture: From Personal Forgiveness to World Peace Review Chapter 9 (page 144-162) (10 min)**

Review Membership in the Forgiveness Revolution **page 147.** and You may join the forgiveness revolution at: www.JoinTheForgivenessRevolution.com . There is no charge to join this networking site. This is a group of people nationally and internationally who are committed to practicing forgiveness in their own lives and bringing people to the world peace through forgiveness. Members are encouraged to share their stories, poems, ideas and blogs about forgiveness.

D. **Research and Forgiveness in a War Zone (pgs. 156 -57) (10 min)**

John Davies, an internationally recognized expert in conflict management at the University of Maryland has conducted tightly controlled critical research in war zones. His results were published in a professional peer reviewed journal. Dr. Davies found that when just 1 percent of people in a community spend as little as twenty-five to forty-five minutes a day in prayer and meditation for peace, the whole community moves towards peace. His research found as much as an 80 percent drop in violence within the community. He also discovered people not only tend to stop killing each other, but are able to come together and perceived new possibilities for cooperative work and partnership, even with their enemies.

Discussion Question: If prayer and meditation for peace work to increase nonviolent peace in a community, do you believe praying and meditating for forgiveness will have the same results? How could your spiritual community engage in this practice? Examples: praying and meditating for peace and forgiveness, including repeating the forgiveness affirmation for a specific war zone. Either setting a time of day

people pray in their own homes/work, or creating a lunch time (or other convenient time) prayer and meditation group meets one of more times a week, or a combination of these techniques.

E. Forgiveness and World Religions (pgs. 8- 14) (10 min)

Every major world religion teaches about forgiveness and teaches a version of the Golden Rule: Take turn reading what each religion teaches about forgiveness and take turns reading what each religion says about the Golden Rule.

Discussion Question: What do you think today's major world religions can do to better promote world peace. What role should they play?

F. Forgiveness and Justice (pgs. 134 – 143) (10 min)

I was most surprised by the way forgiveness affected justice. People who forgave those they had legal dealings with (sometimes for years) found that the wheels of justice finally moved. One woman forgave and a 10 year old law suit was suddenly settled and she received a check in the mail for \$25,000. Another women forgave her ex-husband who had abused all 5 of their children and after 11 years he was placed in jail. **Discussion Question: Forgiveness is not the same thing as pardon. When you forgive you are releasing the person who hurt you and not asking for any particular outcome, except the freedom forgiveness brings to you. Why do you think that when a person forgives their transgressor, that instead of stopping the wheels of justice that forgiveness can actually make them move? Discuss the implications for widespread forgiveness on the legal system.**

G. Tomorrow's Peacemakers (pgs. 154 – 155) (10 min)

In *The Law of Forgiveness*, the work of Rev. Desmond Tutu is discussed as a past example of non-violent peacemaking. Rev. Martin Luther King, Jr. and Ghandi are also mentioned. These men were very visable in their peacemaking and often protesters participated in non-violent marches and sit-ins as methods to show their discontent with the current system. **Discussion Question: How will the new generation (who learned how to use computers as children and are now experts at communicating instantly electronically with friends both nationally and internationally) change the way peacemaking is accomplished now and in the future.**

H. Questions/Wrap-Up/Closing (10 min)

You have embarked upon an exciting journey. Email me if I can assist you in any way. Also, let me know of all your exciting results and manifestations. Blessings Galore! Connie Domino

www.thelawofforgiveness.com and www.loa-lawofattraction.com

Connie Domino, BSN, MPH, RN



Connie is an internationally acclaimed life coach, and author of the inspirational book, *Law of Attraction: Develop Irresistible Attraction* and her new book, *The Law of Forgiveness*. Connie has been teaching Law of Attraction workshops since 2001. She added the powerful Law of Forgiveness to her workshops in 2002. She is known for the success of her clients who consistently report manifesting dreams and goals quickly from her clear, easy-to-understand and powerful instruction. She is also a trainer, speaker, public health educator, registered nurse and nursing educator. She has twenty years of experience in business, health promotion, and wellness education. She also has training and experience as a support group facilitator, educational counselor, and motivational speaker. Connie is comfortable in front of the camera. She has been interviewed on local and national radio and television talk shows, as well as for the print media. Connie was recently interviewed on Oprah XM Radio Soul Series by Rev. Ed Bacon. In January 2010, she was selected by Southern Living Magazine as one of four of their favorite Southern authors. She received her Bachelor's of Science degree in Nursing from Florida State University, and her Master's degree in Public Health from the University of North Carolina at Chapel Hill. Connie lives in Raleigh, North Carolina with her husband and two children.

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