Clarion Review

Self-Help

Abundance Is Your Birthright: Claim It!
Roni Bissett
Trafford
978-1-4269-7280-5
Three Stars (out of Five)

With her optimistic self-help book, *Abundance is Your Birthright: Claim It*, psychotherapist Roni Bissett reaches out to a wider audience with what she believes is a step-by-step process for creating the ideal life.

The book is a continuation of the inspiring messages Bissett shares at her workshops with titles like “The Healing of Memories” and “The Art of Living Life Abundantly.”

Bissett puts readers right to work with exercises designed to help them think about their personal understanding of abundance. She briefly offers her own definitions and illustrates them with anecdotes from her own life, but she always brings the responsibility back to the reader. She says she’s here to help readers “change poverty consciousness into prosperity consciousness,” but they must do their own work. To this end, Bissett offers thought-provoking questions, visualization prompts, and drawing assignments that create an interactive reading experience.

In the first half of the book, Bissett suggests practical measures for manifesting desires: observing, paying attention, imagining, and taking action. She explains how these tools work in the most mundane situations, like when she shops for a hard-to-find type of bean. Bissett applies the four tools to her desire to find this ingredient for the perfect dinner-party dish she wants to create. Soon enough, she finds herself gifted with more beans than she could ever use.

Bissett cautions that positive thinking is “not magic.” You are responsible for making things happen. For instance, Bissett imagined her dream home quite vividly, but she didn’t stop there. She found the perfect location, a source of funds, and builders. It was effort directed toward her goal, not magic, that made her dream come true. With examples like these, Bissett grounds the idea of “attracting abundance” in everyday experiences readers can relate to.

The second half of Bissett’s book is more esoteric than the first, as she turns to topics

like personal energy and auras. Here, Bissett asks readers to accept challenging concepts like "energy is the substance of the Universe" and "energy radiates and attracts," but she offers no persuasive evidence. Though she doesn't delve deeply into the theories behind these claims, Bissett makes this material accessible by offering practical instructions for using energy in visualizations and meditations that can prepare people to pursue their goals.

Abundance is Your Birthright is a slender volume, and readers drawn to Bissett's subject will likely wish for a more in-depth treatment. The book is not quite the overflowing cornucopia pictured on the cover, but more like a wine-and-cheese tasting, where the essence of each offering is pondered briefly before considering the next. Readers can benefit from taking samples from different parts of the book and adding them to their overall self-improvement program.

Sheila M. Trask