



DO NOT WALK PAST THIS BOOK

*It could change
your life...*

Destined to be the next 'book of the moment', E-Squared claims it can get you whatever you want. Viv Groskop has a long wish list, so will she be lucky?

Photographs **Rick Pushinsky**

First it happened with *The Secret*, Rhonda Byrne's self-help book about the law of attraction and the power of positive thinking, which sold 19 million copies.

Love or hate the idea of it, you couldn't get on a train or walk into a Starbucks without seeing someone reading a copy.

Now it's the turn of the latest self-help phenomenon - *The New York Times* number one bestseller *E-Squared*. Written by Pam Grout, the author of 16 books, three plays, a television series, and two iPhone apps, this bubbly, breezy guide to life claims the universe is 'limitless, abundant and strangely accommodating'. All you have to do is believe. If you think this sounds like a similar message to the one in *The Secret*, you'd be (almost) right. *E-Squared* also

promises the earth - but at least it has a sense of humour about itself, which is what endeared it to me - and, it seems, most of America. Plus, Grout makes you ask for 'proof' that you're getting what you want - which should shut up even the most fervent cynic.

The book has also garnered some high-profile fans. Jack Canfield, co-creator of the multimillion-selling *Chicken Soup For The Soul*, says, 'Pam has combined a writing style as funny as Ellen DeGeneres with a wisdom as profound as Deepak Chopra's.' And the original godmother of self-help Louise Hay, author of *You Can Heal Your Life* (50 million copies and counting), is also a fan.

What's unique about Grout's approach is this idea of 'proof'. She provides 'do-it-yourself energy experiments that prove

your thoughts create your reality'. The book starts with a simple test for even the most sceptical of universal-spirit-deniers. Ask for a blessing - a sign, if you like - and something will happen in the next 48 hours, although you can't dictate what it will be. I swallow my scepticism and ask for said blessing - there is no more detailed instruction, no rules about visualisation or repeating a mantra in your head a hundred times, you're just supposed to have one simple thought. So I do. Just before the time is up, I am peeling potatoes in the kitchen and a song comes on the radio that I'd forgotten I adored and have not heard in years, *Perfidia* by Glenn Miller. I gasp and think (feeling a bit stupid), 'Oh. My. Heavens. This is the blessing.' It was one of my grandad's favourite songs. It is >>