**My Mini Book of Mighty Mantras** is a daily read offering 369 messages and mantras readers can use to stay physically, mentally, and emotionally connected to their spiritual selves. Through a process she calls **Positive Manipulation® (PM)**, author **Donna Martini** explains our ability to intentionally and mindfully manipulate negative thoughts and emotions using our own minds and voices as healing tools. Donna's research has shown that repeating prayers and mantras helps us maintain the most positive, powerful, and productive state of being we can achieve. ***"Done habitually,"*** she notes, ***"this inculcation can lead to eradicating old mindsets and stale emotions that become stuck in the subconscious mind and result in disharmony in our personas and our lives."***

The first 50 pages of this 4" x 6" mini book give us a glimpse into the author’s true-life story of overcoming the adversity she experienced during her divorce and illness. She combines scientific research with known spiritual principles, giving readers a better understanding of the need to take control of the energy their thoughts and emotions are producing. After a thorough, how-to section on using mantras as a healing tool, the remaining 150 pages list the messages and mantras (referred to as ‘musings’) which were specifically written to represent the core principles of life--what every societal faction, faith, belief, and religion teaches about love, compassion, forgiveness, and charity.

One musing chosen per day takes readers on a minute-to-minute journey of positive mental coaxing and emotional uplifting meant to maintain their highest (and chosen) state of energy. The author contends that **Positive Manipulation® (PM)** can be life-changing considering it is the willful act of eradicating whatever negative mental, emotional, and physical energy we are generating into the most appropriate and productive outcome we can achieve. ***"We do this,"*** she says, ***"so we can stay as spiritually driven and connected as our human form will allow."***

To lighten things up, the author created a mascot for the **My Mini Book Series** named **MantraMouse®** who is featured in illustrations throughout the book. **MantraMouse** reminds us that the little things in life matter. Every thought we have and every emotion we allow to take over our minds, hearts, and bodies will create energy that resonates on a cellular level both inside and outside of ourselves. ***“All of this energy,”*** she contends, ***“can be felt by others.”*** **Donna** believes that our feelings interfere with all of our relationships, they will dictate our future, and if they are not in alignment with what we really want, they will hinder our ability to move forward and toward what we do want. As she puts it, ***“We can’t help but physically walk into the future we have been mentally and emotionally preparing for.”***

Not just a conglomeration of musings, **My Mini Book of Mighty Mantras** offers reassurance that we are already connecting to something more powerful than ourselves. ***“Whether we consider the internal wisdom to come from our own Self/Soul/Intuition or a Higher Power, we are—energetically speaking and on a cellular level—one with each other and all there is in this universe. Science is proving there is nothing separating us… not our skin, not time, nor distance is keeping us physically apart. Because of this,”*** she states, ***“we need to be aware of what and how we share the energy that is being generated by our minds and hearts.”***

**Donna** contents that using positive intentions, mantras, and prayers is her must-do habit if she wants to stay wellness-minded and spiritual lifted. ***“Repeating positive words allows us to let go of our human rantings just long enough to allow our soulful selves to be heard.”*** She beckons readers who want to tap into their spiritual prowess and potential to create the intention to live the best life they can will into existence in the best body they can achieve as they put their best foot forward each new day. She claims that ***"being born was our gift; living life is our challenge, and being the best we can be is our choice."*** It is her contention that we should strive to learn from our yesterdays, taking every bit they have to offer, but we not allow ourselves to be beholden to them. ***“Every day is Anew Day!”*** she writes. ***“Every cell in our body rejuvenates, so why not take advantage of that aspect of our humanity by claiming every new day as a fresh start. Instead of just going forward, we can grow forward; instead of living with the hurt and pain from past events, we can heal from them. Illness and disease, trauma, and strife…  we were born with the ability to restore, rejuvenate, and re-negotiate every cell in our body just by using our minds and hearts. We may not understand how this process works but that shouldn’t keep us from trying to use it and all of our innate spiritual gifts to be as powerful as we were meant to be. There is no longer a reason to live a come-what-may-day when we can step into the life we choose to lead every day and every step along the way."***