Dr Wayne W Dyer is an internationally renowned author and speaker in the field of self-development. The findings of his research have placed intention as a force in the universe that surrounds us and triggers the act of creation. This book explores intention—not as something we intend to do—but as ubiquitous energy. This is the first book that gives an insight into intention as a field of energy that man can access for achieving success. The book is a recipe for getting ourselves trained to rise above our minds and egos and connect to the force of intention. The resultant rate of success in our lives would rise astronomically.

Part I of the book, “The Essentials of Intention”, explains the author’s thesis. He logically develops his concept through the first six chapters of this part. Viewing intention with a new perspective, through a description of “The Seven Faces of Intention”, to chapter six, “Intention and Infinity”, the reader is led to draw his own conclusions. Each chapter ends with a five point "how to" section to assist the reader in implementing the ideas covered in the preceding chapter.

The second section of the book, entitled “Putting Intention to Work”, contains eight chapters, each offering specific information and a-step-by-step guide for applying the principles developed in the first section of the book to different situations we encounter in our daily lives. The last section, consisting of a single chapter, entitled “A Portrait of a Person Connected to the Field of Intention”, is the author’s attempt to show positive impact his research is capable of having on an individual’s life. The final message of the book is “Change the way you look at things and the things you took at will change.”