



# For Immediate Release

EREM LATIF'S LIVE ENGAGED  
LAUNCHES 11/11: THE NEXT  
EVOLUTION OF THE SECRET FOR A  
NEW ERA OF CONSCIOUS LIVING

*A GROUNDBREAKING BOOK TRANSLATING THE  
SCIENCE OF CONSCIOUSNESS INTO PRACTICAL  
TOOLS FOR SELF-REALIZATION AND ENERGETIC  
ALIGNMENT.*

[Savannah, Georgia, USA — November 12, 2025] — Visionary teacher, neuroscientific coach, and founder of Engagement Lab, Erem Latif, announces the global release of her debut book, *Live Engaged: The Science and Spirit of Becoming Fully Alive*—a bold reimagining of what it means to live consciously, intentionally, and in coherence with one's true nature.

Released worldwide on 11/11, a date symbolizing alignment and awakening, *Live Engaged* is already being hailed as the next "The Secret"—but with real science behind the spirituality. Where *The Secret* introduced the law of attraction, *Live Engaged* takes readers deeper into the laws of awareness, coherence, and energetics—bridging metaphysics with measurable human potential.

## *A Palatable, Evidence-Based Approach to Manifestation*

In *Live Engaged*, Erem Latif invites readers into a deeply personal and scientifically grounded exploration of how to align mind, body, and soul—the foundation of her pioneering Helix of Health™ principle, which integrates mind, body, and soul in a clear, repeatable way that fits a modern schedule.

The problem the book addresses

Many leaders are talented and motivated yet operate in a state of constant cognitive load. Decision quality drops when the nervous system is taxed, and people default to familiar but unhelpful patterns. *Live Engaged* offers a compact toolkit that restores coherence first, then moves to action, which improves clarity and consistency.

While earlier movements popularized the power of thought, *Live Engaged* provides the missing integration: how to live the frequency of the life you desire through somatic awareness, heart-brain coherence, and emotional regulation.

*“Let’s call manifestation what it really is: self-realization. And it isn’t about wishing harder; it’s about living aligned,” says Latif. “When your physiology, intention, and energy are coherent, reality begins to respond differently. That’s not mysticism— that’s neuroscience meeting frequency.”*

### *From Thought to Frequency to Reality*

Through a blend of neuroscience, quantum energetics, and soul-aligned wisdom, *Live Engaged* helps readers understand that the true engine of transformation isn’t belief—it’s coherence.

Readers will learn to:

- **Awaken Awareness:** Understand how consciousness shapes neurophysiology, health, and destiny.
- **Rewire and Reconnect:** Build a personalized wellness and performance blueprint through meditation, breathwork, frequency healing, and somatic therapy.
- **Live in Coherence:** Harmonize thought, emotion, and energy to access creative flow and resilience.
- **Radiate Magnetism:** Activate authentic power that inspires change through resonance, not resistance.

*Each chapter connects practical tools with energetic science, giving readers an actionable framework for self-realization that transcends the wishful thinking of early manifestation teachings.*

## *A Global Voice for Conscious Leadership*

Featured on the covers of Awakened Magazine and Brainz Magazine, and named one of Insights Success Magazine's "Top 10 Most Transformational Leaders of 2025," Erem Latif has become a leading voice at the intersection of science, spirituality, and leadership.

Her work with executives, founders, and seekers around the world bridges behavioral science, quantum physics, and emotional intelligence, helping individuals move from stress and survival to coherence and creativity.

*"Erem Latif is what would happen if Einstein, Brené Brown, and Deepak Chopra met for tea," says one early reviewer. "Her work gives language to the physics of the soul."*

## *A Movement of Conscious Engagement*

Live Engaged doesn't stop at ideas—it's an invitation into a new movement of conscious engagement. Readers are guided to experience their highest frequency through daily practices, integrative tools, and the embodied application of awareness.

Who the book serves

- Executives and founders who need cleaner decision hygiene
- Women in transition who want to protect energy while they scale impact
- Coaches, clinicians, and people leaders who want practical tools for clients and teams

***It's not manifestation—it's realization.***

***It's not self-help—it's self-remembrance.***

***It's not theory—it's practice, presence, and power.***