



Golden Words: The A-to-Z Toolkit for Changing Your Life One Word at a Time

Sally Stone Ed.D.

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“Inspired by her near-death experience, Stone guides us to the high vibration of golden words and provides down-to-earth tools and stories for using them to transform your life. A treasure for anyone who wants to revolutionize their consciousness.” —*New York Times* Bestselling Author, Sonia Choquette

Are you an architect of despair or the cheerleader of your own victory?
Do you shrug your shoulders and give up or do you guide yourself through challenges?
Do you recognize the power of your words?

Life brings ups and downs, but every experience holds opportunities. Golden Words shows you how to choose the right words and use self-hypnosis to create significant improvements in your life.

In this book, you'll learn to:

- Identify golden words that trigger states of relaxation, confidence, and pain reduction (2,000+ golden words inside)
- Reduce stress, pain, and sugar cravings
- Overcome mental, emotional, spiritual, and physical pain
- Stay balanced in challenging situations
- Create powerful mantras and affirmations
- Organize long-term goals into manageable steps
- Use self-hypnosis to relax, build confidence, reduce pain, and gain insight
- Enhance & rely on your intuitive flow
- Take control of your self-talk for maximum living

Golden Words shows you how to harness words and hypnosis to soothe and uplift yourself when times are tough, get past obstacles to reach your dreams and goals, stay balanced in difficult situations, and learn to relax — even when you experience discomfort or pain. The stories and anecdotes are full of examples showing how golden words used with powerful principles can bring the shifts you want. In fact learning to relax will put you in touch with your intuitive flow, which will make your life feel easier.

Golden Words provides you with a treasure chest of tools to expand the positive energy in your life.

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