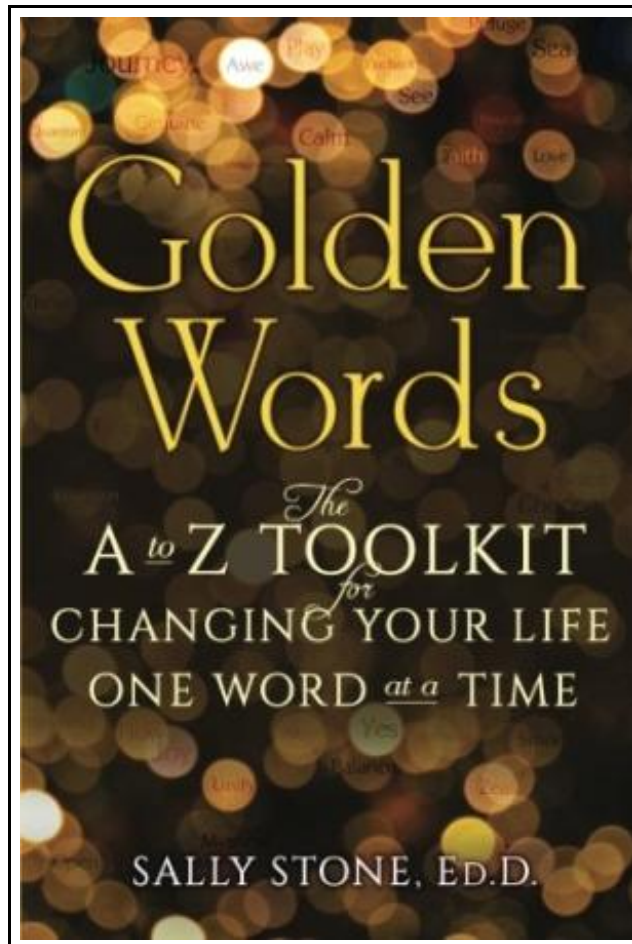


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GOLDEN WORDS: THE A-TO-Z TOOLKIT FOR CHANGING YOUR LIFE ONE WORD AT A TIME (PAPERBACK)



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Wisdom Heart, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. 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 Golden Words shows you how to use self-hypnosis and empowering words to create a bridge from painful life circumstances to the goals and dreams you most want to experience in your life. Stone shows you how to trigger a significant shift in how you feel mentally, emotionally, physically, and spiritually so you can reduce stress and pain, breakthrough false walls, and get in touch with your intuitive flow. This will help your life flow much more easily. The stories, tools, and principles Stone shares illustrate step by step how to make these meaningful shifts in your life whether you experience obstacles to reaching your goals; physical, emotional, or spiritual pain; or a restless, stressed out mind. You can breakthrough obstacles to achieve success with these tools and techniques. Inside this book are more than thirty ways for combining powerful words and simple self-hypnosis techniques that reduce stress by triggering relaxation, reducing pain, and cultivating brain states that improve health and well-being. These practices soothe, uplift, and make space for more peace, joy, and freedom 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...

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