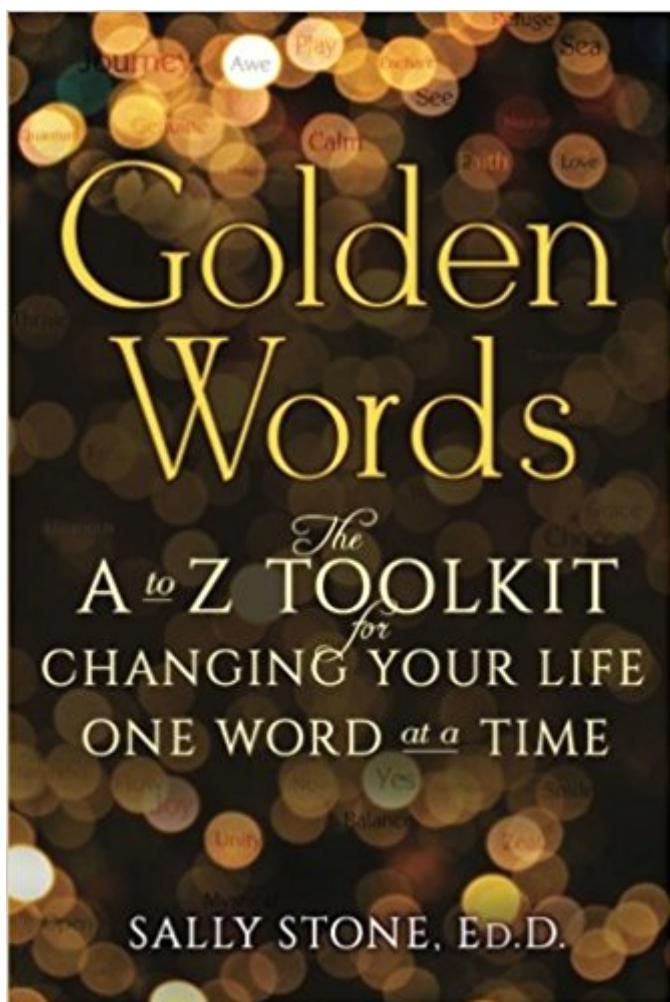


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# Golden Words: The A-to-Z Toolkit For Changing Your Life One Word At A Time



## Synopsis

Near-Death Experience, Angels, and Golden Words When author Sally Stone returned from her near death experience (NDE), she was certain she'd be okay. But she wasn't. Doctors told her she was headed for life in a wheelchair with chronic pain, but she knew from the messages she received during her NDE that life in a wheelchair was not her destiny. She translated her experience of angels into "golden words" and navigated her healing process using "golden words," self-hypnosis & meditation processes, whole foods, and complementary medicine. After successfully incorporating "golden words" into her hypnosis and health coaching practice, she wrote this book to share "golden words" and techniques for using them to create powerful, positive changes in any area of your life. Golden Words shows you how to use "golden words" with hypnosis & meditation techniques to create powerful mantras, affirmations, prayers, and autosuggestions that can transform pain and life challenges into greater ease, joy, and inner peace. You will learn how to trigger a significant shift in how you feel mentally, emotionally, physically, and spiritually using golden words with your preferred learning styles, your imagination, pleasant memories, and many other simple techniques. The stories, tools, and principles in Golden Words, illustrate step-by-step how to make these meaningful, positive changes whether they are obstacles to reaching important goals; physical, emotional, or spiritual pain; or a restless, stressed out mind. With more than 2,000 golden words, twenty-six self-guided meditations and ten easy steps to self-hypnosis, positive change is literally only one word away. "Golden words" provide a direct way for everyone of us to tap into the positive vibration of angels and activate positive change in our lives using focused intention and hypnosis. As one reviewer said, "If I had been wishing on a star for a guidebook to navigate the next turn in my life path, my wish came true with the publication of Golden Words." Words are alive with power. What will you create with your "golden words"? How about creating Positive Change One Word at a Time!

## Book Information

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## Customer Reviews

Book Awards2015 Nautilus Award Winner: Silver Medal - Body, Mind, and Spirit Practices2016 Human Relations Indie Book Award: Gold Medal -Self-Help & Wellness2016 IPPY Award Winner: Silver Medal - Self-Help2016 Launch Your Dream Book Top Ten Awards, Institute for Integrative Nutrition Endorsement"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 YorkTimes Bestselling Author, Sonia Choquette ReviewIn today's world, everyone is constantly bombarded with questions, challenges, issues and crises regarding relationships, finances, employment, everyday life, health and global events. Finding simple pleasures and experiencing joy seems to be increasingly elusive so a guide like Golden Words: The A to Z Toolkit for Changing Your Life One Word at a Time by Dr. Sally Stone Ed.D. is one way to reconnect to inner peace and rediscover the power of our own intuition and inherent understanding for a better grasp of life. Dr. Stone provides thoughtful, empowering, and easily applicable suggestions for using the psychologically proven power of positive affirmations and images to achieve a sense of strength and direction for effecting change in our lives. Starting with small steps and utilizing golden words that evoke strong mental connections, it is possible to find balance and the ability to move past both mental and physical hurdles to become better, happier, and healthier people. Golden Words is a must-have on any bookshelf belonging to someone interested in self-help, healing, and general peace of mind. It is, indeed, a toolkit that provides easy to follow suggestions for finding the right words to enable positive growth using mantras, affirmations, and auto-suggestions. In a warm and giving way, Dr. Stone invites everyone to embrace the idea of GoldenWords and use the toolkit to become the best possible version of themselves with a little effort and determination. A superbly written guide for the average person to gain some control over their thought processes for a happier life. The author's work is well conceived, genuine and straightforward, and can undoubtedly provide many people with the nudge they need

to make strides in improving their mental outlook as well as overcoming challenges. ~Melinda Hills for Readers' Favorite Review Dr. Sally Stone crafted a masterful book about the power of words. Beautifully intertwining her own experiences into the chapters, Dr. Stone empowers one to move past challenges, heartaches and roadblocks to live a fulfilling, joyful life. One word to describe "Golden Words" is superb. From the perspective of a patient advocate, a person with pain and vice president of U.S. Pain Foundation, I definitely will be sharing this book with others! It is more than just a book; it is about understanding the impact words have on our lives and changing our destiny. It is about living life with new purpose, meaning, happiness, abundance, light, love and grace. Since there was no way for me to absorb all the insight, wisdom and transcendence from one read, I plan to go through each letter, the words associated with that letter and the tools provided for transformation again and again. ~Nicole Hemmenway, Vice President U.S. Pain Foundation

Following a near-death experience, Sally Stone developed "golden words" to describe positive words we activate in our lives for healing using focused intention and hypnosis. Certified as a hypnotist and health coach, Sally helps her clients attain health, happiness, and life purpose goals using a body, mind, spirit approach. Her customized programs combine golden words with hypnosis, health coaching, family constellations, and meditation techniques to facilitate her clients' goal attainment. Sally is an empowering speaker and award-winning author of the Golden Words series. Sally trained with the National Guild of Hypnotists, The Wellness Institute (regressions), The Institute for Integrative Nutrition, and Global Family Yoga. She earned her Masters and Doctorate in Education from National-Louis University. After witnessing the energy of nature during her near-death experience, Sally took up nature photography with the aim of capturing the flow of spirit. Her photography has won several awards, including Audubon's Top 100 and a Chicago Botanic Garden Special Mention.

In the book, *Golden Words* The A to Z Toolkit, Sally Stone introduces us to the power of positive words or Golden Words as she refers to them. Sally has a beautiful way of sharing her personal story and journey to living the life she was meant to live. I was absolutely transformed as I read through all of the powerful/positive words that begin with each letter of the alphabet. I love that there are interactive parts with every letter to allow you to take notes and write which Golden Words resonate with you the most. There are different activities that allow you to tap into your core/your intuition to learn how you too, can live the life you were meant to. My favorite part of this

book was at the end of each section or letter of the alphabet where Sally guides you through a coordinating phrase related to that letter. Reading each made me feel as if I had just experienced an uplifting and rejuvenating yoga session followed by the most amazing Savasana (quiet and reflective rest at the end of a yoga practice). I was left with a sense of calm and inspiration to really tap into different parts of who I am. I also gained a greater connection to the feelings and emotions that would support me to live an authentic and heart centered life with deep compassion for myself, the people in my life and the world around me and beyond. I highly recommend this book to anyone searching for clarity on how to be the best, husband, wife, father, mother, sister, brother, friend, employee, employer, etc. Life goes by so fast and is quite hectic at times. It's important to slow down, breathe deeply and check in often to make sure you are staying on your life's path. This book flows so wonderfully and once I started reading it, I couldn't put it down. I will definitely be using this book as a tool for my own clients. Outstanding!

When I started reading Dr. Sally Stone's book, I was immediately caught up in her wisdom, knowledge and amazing life path. If you are somebody who has had challenges, traumas, or disappointments in life, no matter what sort, I highly recommend this book. You will understand a lot about yourself and maybe about your Self. Words are so strong and meaningful, and in the way you use them, you create everything. I was always a very intuitive person and because of that I often felt "different" than others. Reading this book gave me confidence in using my intuition more and trusting myself more. I highly recommend this book to everybody who is interested in spirituality, near-death-experiences, looking for a healing path, searching for tools or exercises to understand life better, who wants to be part of their own creation of life, or just learn how to use words in a more positive way. I was amazed by some words I never used and how to see them differently. There are truly so many "golden words" we all should know. I am so amazed by creating affirmations with golden words, that I also implemented it in my own coaching practice to help my clients. I really love it, and am grateful that I found Dr. Stone's amazing work. Thanks.

Golden Words has been a beautiful reminder to me that I have the daily power to brighten and lighten my own life. Dr. Stone guides the reader through developing their own golden word lists and then provides the framework to use these words in creating powerful personal mantras, meditations, and focused intentions that uplift and energize. Golden Words is truly Dr. Stone's gift of words to us,

a unique book that has an offering for everyone. My personal journey with this book has been healing both physically and spiritually, and I couldn't be more grateful! *Golden Words* is definitely one of my nightstand stay with me books!

Sally Stone is a miracle worker in getting you to discover your power and truth through *Golden Words*. The exercises she takes you through from A to Z create your vision for your future and breathe life into any goal that has remained stagnant. She is living proof that our thoughts become our words and our words become our heaven or hell. This book is a great resource to return to constantly when needing to reevaluate goals.

Full of wisdom. Gave me a lot to think about.

Did not grab my interest. Did not finish the book

Great

As a Health Coach and RN, I always tell my clients how important their words can be. This book really is what the title says, a toolkit. It allows you to really evaluate the words you use and the effect they have on life. It is a very interesting read that frankly I could not put down. It focuses on so much positive you can't help but feel soothed by the content. I loved it!

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