



Golden Words: The Journal for Changing Your Life One Word at a Time

By Sally Stone Ed. D.

Wisdom Heart, LLC. Paperback. Condition: New. 184 pages. Dimensions: 11.0in. x 8.5in. x 0.4in. Create Positive Change One Word at a Time A companion to the award-winning book, Golden Words: The A to Z Toolkit for Changing Your Life One Word at a Time, this journal provides a step-by-step process for creating meaningful life changes in body, mind, and spirit. Like the golden bricks used to build the hopeful Yellow Brick Road to Oz, golden words make sturdy building materials for writing mantras, affirmations, and prayers to manifest your goals. When we make our self-talk golden, we take charge of our healing and life experience. We can connect to spiritual guidance, step into the rhythm of intuition and flow, tap into creative energy, develop talents, deepen friendships, reduce stress and pain, overcome bad habits, build a healthier body, and cultivate unshakeable inner strength to create the life we want. Golden Words, The Journal shows you how to: Use self-hypnosis and meditation techniques to step into flow Connect to your hearts desire to create goals Write your goals into effective mantras, affirmations, and prayers Develop action steps and resources for success Imagine your vision into the now Track your progress to victory Your life...



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