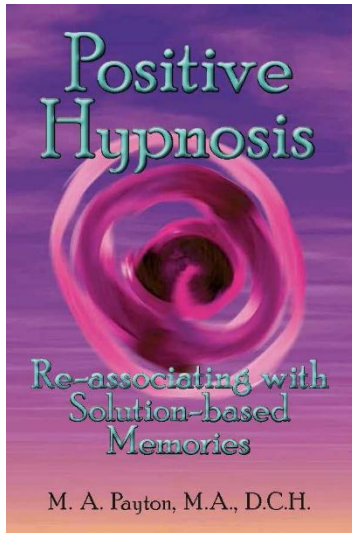


Books by Michelle (M.A.) Payton

Positive Hypnosis: Re-associating with Solution-based Memories



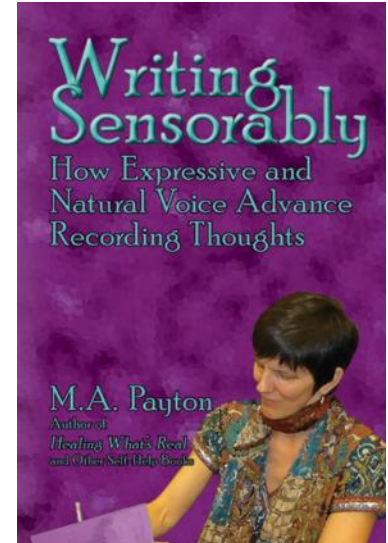
All experiences create unique realities for each person, so when new information is absorbed into the human brain—like a perception that something doesn't work, re-connections to past experiences must be strong enough to re-position beliefs and habits. Those who are interested in self-empowerment using mind over matter techniques will find facts in *Positive Hypnosis* on how the brain learns through re-association and why blocks occur in a healthy brain, why re-association is a key to individual re-thinking, and how Hypnosis, Self-Hypnosis and Neuro-linguistic Programming are experienced every day to dispel the perception of being controlled. A process will be laid out on how to collect and re-use memories for problem-solving, plus methods on how to remain focused on one core need at a time. Those interested in self-facilitation, as well as professionals in the mind over matter field, will find helpful templates to put all the steps together to complete learning cycles and re-adopt positive habits.

Writing Sensorably: How Expressive and Natural Voice Advance Recording Thoughts

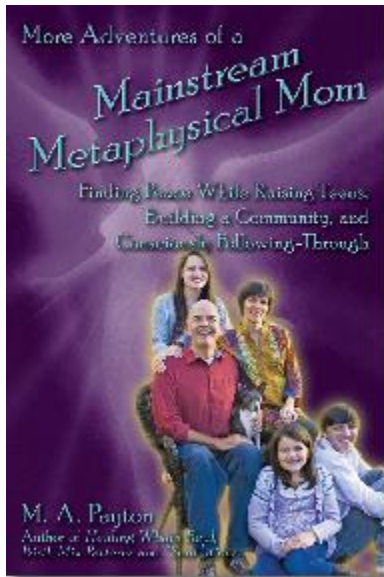
Author, Michelle Payton, recalls writing a letter to an acquaintance and receiving feedback, “You write the same way you talk. I could actually hear your voice when I read your letter.” Ultimately, she viewed this as a positive, finding the natural voice flows easily when recording and writing, plus it's interesting to read. *Writing Sensorably* is for those who are interested in ways to record as much content as possible prior to polish stage. The author marries expression with practical steps that enhance:

- self-help processing,
- scientific observations,
- creative writing,
- journaling,
- descriptive work using multiple senses — seeing, hearing, tasting, smelling, tactile or touching,
- technical or methodical work with an interest in how published papers and research support out-of-the-box processes.

The common link is demonstrating how natural voice and sensory-based writing contributes to even the most highly disciplined work. Ultimately, left and right-brained communicators and writers will understand how storytelling, writing and even reading experiences enhance the recording and writing processes.



More Adventures of a Mainstream Metaphysical Mom: Finding Peace While Raising Teens, Building a Community, and Consciously Following-Through



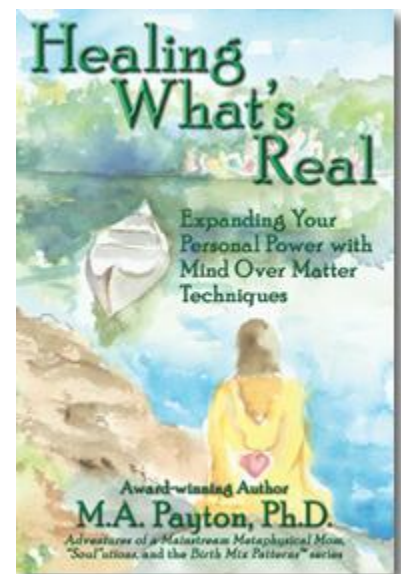
If parenting elementary age and younger kids was time for reflection, “you ain’t seen nothin’ yet.” In book two of the Mainstream Metaphysical Mom series, Michelle Payton, again, comes out of the closet and talks frankly about her experiences of:

- Achieving enlightenment while raising teens and wannabe siblings-
- Building a mainstream and metaphysical community
- Searching for answers on matters of health
- Following-Through to get a grip on life

She’s stepped into a reality that points to “All Are One;” We are a bundle of contradictions because we do the best we can with the information we have at the moment; Enlightenment is not a constant but more about regular glimpses of bliss; “Go with the flow” only works if we put some muscle into it.

Healing What’s Real: Expanding Your Personal Power with Mind Over Matter Techniques

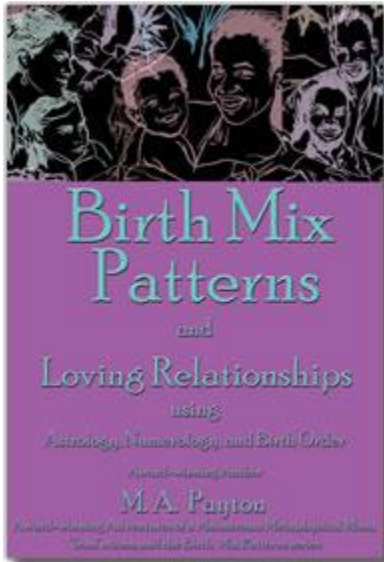
“A manual of holistic healing and mentoring, *Healing What’s Real* explores the boundaries of metaphysical living and healing, delving into states of consciousness with a focus on mind over matter. From general health concerns to seemingly chronic illnesses, Dr. M.A. Payton diagrams a simple yet incredibly useful approach to managing the unmanageable, honing in on specific goals and how to reach them. Techniques ranging from controlled breathing to hypnotherapy are complemented by inspiring case studies that demonstrate the effectiveness of holistic healing. Intended for patients dealing with chronic pain or illness, or anyone looking to improve general health, *Healing What’s Real* serves as an effective guide to healing beyond the limits of accepted medical science.”
–*NEW AGE RETAILER, Sam E. Robinson, Bloody Irish Press, Bellingham, Wash., January 2009*



Are you looking for ways to expand your personal power by simply tapping into your own mind?

Mind over matter concepts play an integral role in maximizing your personal power, because you dig into what is already yours—your consciousness, sub-consciousness, and (if you’re really listening) universal truth. Dr. Payton shares her experiences with hypnotherapy, Neuro-Linguistic Programming™, Emotional Freedom Technique™, meditation, and more with dozens of transcribed sessions and interviews combining these many techniques.

Birth Mix Patterns and Loving Relationships using Astrology, Numerology and Birth Order



With the Birth Mix Patterns process – using Astrology, Numerology, and Birth Order – learn how knowing who you are, and respecting your partner's mix is the key to having a long-lasting, loving relationship.

The third book in the *Birth Mix Patterns* series, there are more than two dozen Birth Mix studies of famous couples. From Hollywood: David Beckham & Posh Spice, Brad Pitt & Jennifer Aniston & Angelina Jolie. Community Servers: Coretta Scott King & Martin Luther King, Oprah & Stedman, Princess Diana & Prince Charles. Same Gender Partners: Elton John & David Furnish, Melissa Etheridge & Tammy Etheridge.

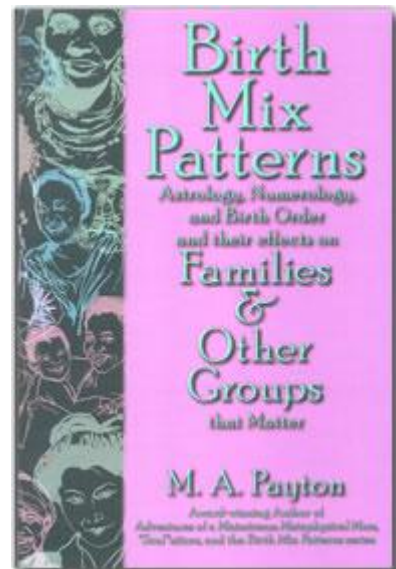
Birth Mix Patterns: Astrology, Numerology and Birth Order and their effects on Families, and Other Groups that Matter

Why is Astrology, Numerology and Birth Order important to families and other small groups that matter?

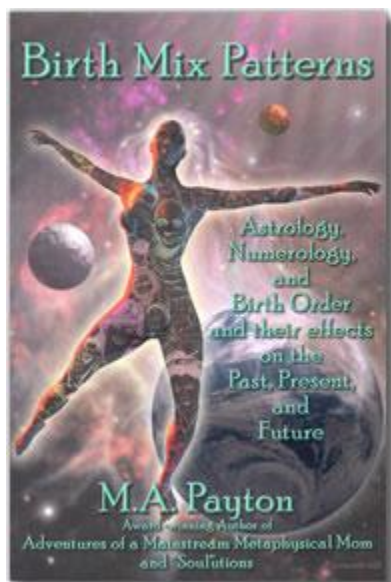
Explore the easy-to-follow *Birth Mix Patterns* process utilizing Astrology, Numerology, and Birth Order. Understand why individuals and groups have experienced (what is defined as) success or failure in the past and present.

Examine theories on

- How Families stay together
- How the citizens of the United States – as individuals and groups – built and maintain democracy
- How Dark Leaders, in the past and present, connect to alarming trends in connection with today's youth
- Why the Beatles split!



Birth Mix Patterns Astrology, Numerology and Birth Order and their effects on the Past, Present and Future



What do Astrology, Numerology and Birth Order have in common? How can they translate into a birth mix that reveals how you and others are motivated? Why do you interact with co-workers, partners, friends, siblings, love interests... the way you do? What does this mean to finances, your ability to expand intellectually, physical health, social needs and perceptions, and spiritual development?

How has this influenced the past? How will this influence the present and the future?

These and more questions will be answered with *Birth Mix Patterns*. Hundreds of United States Presidents and First Ladies, Artists, Authors, Civil Rights Leaders, Entertainers, Heroes, the Rich and Famous, Royalty, Scholars, Spiritual Leaders and more have been analyzed to demonstrate how the birth mix process, using Astrology, Numerology and Birth Order works.

“Soul”utions: Achieving Financial, Intellectual, Physical, Social and Spiritual Balance with Soul

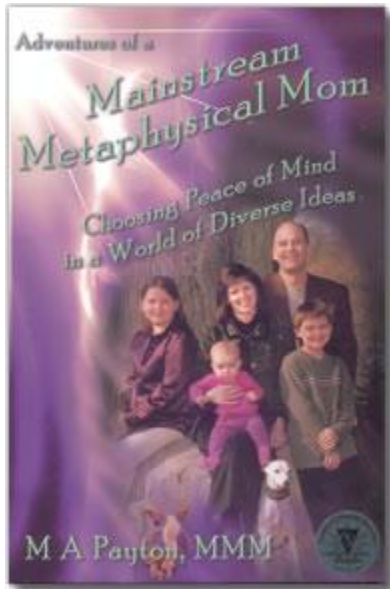
This award-winning (“Adventures of a Mainstream Metaphysical Mom”) author’s life lessons began in utero, as her mother struggled with the decision whether or not to continue her relationship with her alcoholic husband.

A sign of the times, it was easier to stay in a dysfunctional marriage, so Michelle’s childhood revolved around the dysfunctions, dramas and abuse that resulted from addictive behavior.

But Michelle grew into a functional adult by following her intuition, being aware that everything happens for a reason, having gratitude for what she has, acknowledging that she is a piece of one big universal puzzle, and realizing her personal power to reach an outcome.



Adventures of a Mainstream Metaphysical Mom: Choosing Peace of Mind in a World of Diverse Ideas



Called a “practical guide to living,” this is one of the best metaphysical introductory books available and easy, fun read.

Michelle has been looking for answers for as long as she can remember. She was raised around alcohol, drug, physical, mental and sexual abuse, lived in low-income neighborhoods and housing, and at times, didn’t have the basics like electricity and water when the bills couldn’t be met.

She found her strength in intuitively knowing that everything was going to be okay, that everything happens for a reason, and having gratitude for what she did have. This led her to a mind, body, spirit focused path. But in order to have a full, happy life, she hasn’t turned her back on the mainstream or the metaphysical, rather embraces and celebrates both everyday!