



**HOW TO USE ONE WORD
TO GET WHAT YOU WANT**

LIZ DEAN

Liz Dean

**Switchwords: How to Use One
Word to Get What You Want**

«HarperCollins»

Dean L.

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Discover how to talk instantly to your subconscious and manifest the life you want. We all have goals and dreams – whether it's personally or professionally – that we want to achieve, but for reasons we can't always fathom, our behaviour and actions can hold us back. In her eye-opening and effective new book, MBS expert Liz Dean reveals how the key to transforming those dreams into reality lies not in our conscious actions, but in our subconscious thoughts. By aligning the two, we can unleash our own power to lose weight, organise our lives, work more efficiently in our jobs and so much more. Switch Words is this simple yet incredibly powerful tool to help you get there. The greatest obstacle in achieving your goals is your subconscious. Whilst your conscious mind knows what you want and how to get it, experience tells us our subconscious mind can often ignore or sabotage our desires through action or inaction. Have you ever created a meal plan to help you lose weight, but then a couple of days later found yourself inching to the fridge for a snack at 9pm? Even though you were desperate to achieve the body image you wanted, part of you, for some reason, resisted. This is because the words we use when expressing our goals and dreams have unique vibrations which the conscious mind understands – but the subconscious needs a different language in order to respond positively and get with the programme. Through easy-to-follow practices and techniques, Dean guides you to acknowledge the power your sub-conscious can have over everyday actions, how to extract the right switch words to resonate your conscious desire with your subconscious thoughts, and how to use them effectively day to day. Methodical and verifiably successful, switch words is the effective way to get what you want, and this book will show you how.

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Ever wanted to make fast changes to your life? Bring in more money, increase your potential for success, reach for a brilliant idea, write a book, create a business, lose weight, study more effectively, speak in public, pass your driving test, heal emotional patterns or just find an item you've lost?

You can do this with one word: a Switchword. You can achieve what you've set your heart on without meditating, adopting a radical belief system or spending hours learning online. Switchwords

are uniquely chosen words that switch on your subconscious. They ‘flip a switch’ in your beliefs and behaviour at a deep level. They bring you together so you can attract what you want in life. Like waving a magic wand, speaking, thinking or chanting these words connects you completely with the goals you desire – and brings them to you.

The [Introduction](#) and [Chapter 1](#) explain the principles: why Switchwords work, and what they can do for you. In [Chapter 2](#), discover the easy techniques: how to say, think or chant your word, how to make a Switchword phrase and how to muscle-test the words that are ‘strong’ for you. If you want to try Switchwording right away, check into [Chapter 3](#) and see the magic words that can empower every area of your life, from relationships to career-building, creativity to health. There’s also a ‘Seven Ways’ plan to demonstrate how to use Switchwords throughout the day, whether you’re travelling into work or trying to get to sleep. There is, literally, one word for everything.

Next, find your personal Switchwords in [Chapter 4](#), or delve into [Chapter 5](#) to discover the words for physical, emotional and spiritual wellbeing and healing. [Chapter 6](#) gives you further ways to use Switchwords, combining them with tapping (also known as Emotional Freedom Techniques – EFTs) and neuro-linguistic programming (NLP). The Dictionary in the Appendix lists over 200 Switchwords, from A to Z – any time you need inspiration to find a Switchword, flick through the Dictionary pages, stop where you want and choose a word.

Throughout the book there are case studies – illustrating how people from every walk of life have used Switchwords to benefit their finances, lower their anxiety levels, improve their confidence and boost their success – along with tips and exercises to try.

Your life can change now – with one word.

I hope this book will be the start of your journey into Switchwords, and that you receive the love, money, success, confidence and better health you deserve.

Конец ознакомительного фрагмента.

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