

**BOOK...  
BODY, MIND, SPIRIT/SELF-HELP**

**Michelle A. Payton, Ph.D., Books**



**Birth Mix  
Patterns**  
and  
**Loving Relationships**  
using  
Astrology, Numerology, and Birth Order  
Award-winning Author  
M.A. Payton  
Award-winning Author of a Mountain of Metaphysical Moon  
Soulutions and the Birth Mix Process

***Birth Mix Patterns and Loving Relationships:  
Using Astrology, Numerology and Birth Order***  
SRP: \$12.95 ~ # Pages: 137 ~ ISBN: 978-0-9719804-4-0 ~ 6 x 9 paperback

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. In this third book in the Birth Mix Patterns series, there are more than two dozen studies of famous couples.

From Hollywood: David Beckham & Posh Spice ~ Brad Pitt & Jennifer Aniston & Angelina Jolie

To Community Servers: Coretta Scott King & Martin Luther King ~ Oprah & Stedman ~ Princess Diana & Prince Charles

To Same Gender Partnerships: Elton John & David Furnish ~ Melissa Etheridge & Tammy Etheridge and more!

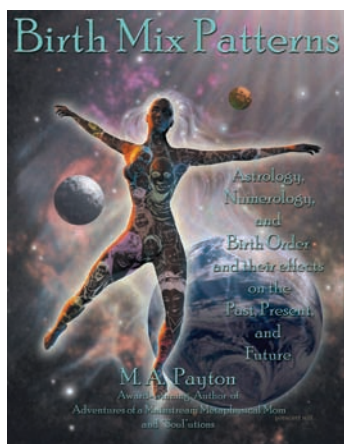
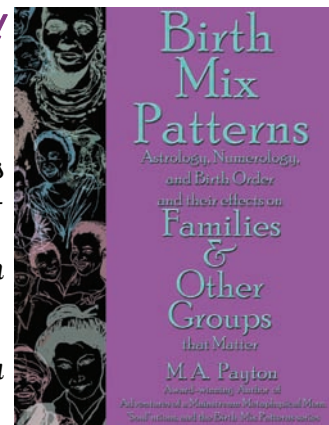
***Birth Mix Patterns: Astrology, Numerology and Birth Order and  
their effects on Families & Other Groups that Matter***

SRP: \$12.95 ~ # Pages: 133 ~ ISBN: 978-0-9719804-3-3 ~ 6 x 9 paperback

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

Armed with BMP and historical information, you'll be able to answer, "How can I be a functional, happy, and productive individual and problem-solver within any group setting?"



**2006 Finalist—Best General Interest/How To Book**  
awarded by Coalition of Visionary Resources Trade Association/International New Age Trade Show

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

SRP: \$12.95 ~ # Pages: 157 ~ ISBN: 978-0-9719804-2-6 ~ 6 x 9 paperback

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? What does this mean to finances, your ability to expand intellectually, physically, socially, and spiritually? These and more questions will be answered with hundreds of U.S. Presidents and First Ladies, Artists, Authors, Civil Rights Leaders, Entertainers, Heroes, the Rich and Famous, Royalty, Scholars, Spiritual Leaders and more being analyzed to demonstrate how the birth mix process works.

**AVAILABLE FROM: THE LEFT SIDE & NEW LEAF DISTRIBUTING**  
Phone: 828-681-1728 or 877-341-1445 (U.S. toll free) \* Fax: 828-681-1729 \* Web: [www.TheLeftSide.com](http://www.TheLeftSide.com)  
Email: [TheLeftSide@aol.com](mailto:TheLeftSide@aol.com)

**SEE OTHER SIDE FOR MORE MICHELLE PAYTON BOOKS!**



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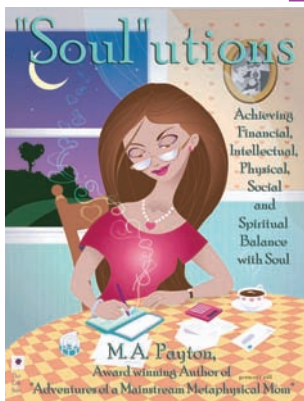
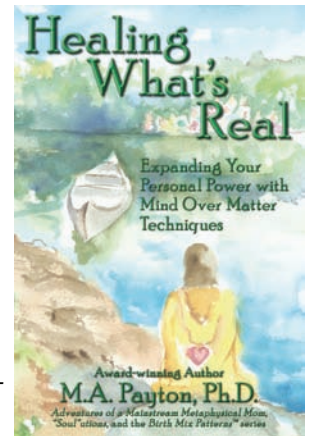
**Michelle A. Payton, Ph.D., Books**

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

**SRP: \$15.95 ~ # Pages: 251 ~ ISBN: 978-0-9719804-5-7 ~ 6 x 9 paperback**

*"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... 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*

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. Exercises are covered in all areas of life.



***SOULutions: Achieving Financial, Intellectual, Physical, Social and Spiritual Balance with Soul***

**SRP: \$14.95 ~ # Pages: 239 ~ ISBN: 978-0-9719804-1-9 ~ 6 x 9 paperback**

*"SOULutions presents stories, techniques, and tools that Michelle has used for herself and others to achieve soul-balanced happiness. You'll read real life examples of how she and others achieve or don't achieve their goals in the five main areas of life: Financial, Intellectual, Physical, Social and Spiritual. With this also comes a way to soul map (an actionable plan that combines non-physical and physical goals). This fun to read, informative, and thought provoking book is sure to be a key to achieving your ultimate reality.*

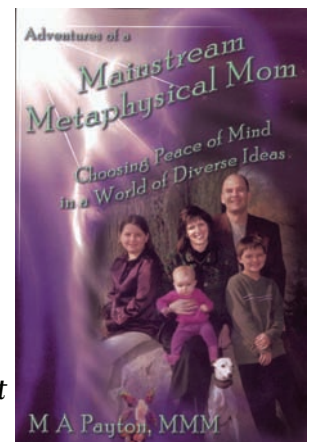
**2003 Finalist—Best Biographical/Self Help Book**

awarded by Coalition of Visionary Resources Trade Association/International New Age Trade Show

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

**SRP: \$13.95 ~ # Pages: 192 ~ ISBN: 978-0-9719804-0-2 ~ 6 x 9 paperback**

Called a "practical guide to living," this is one of the best metaphysical introductory books available and an easy, fun read. This reveals what Mainstream Metaphysical parenting, mentoring, partnering, and doing relationships with self and others in the 21st century is all about. Walk down the path of continuous change as you explore a Universe of Free Will, The Miracles of Everyday Life, Synchronicity, Trusting Your Intuition, Your Soul Journey, Creating Your Heart & Soul Plan, Being Okay that You're Not Okay to Everyone, Balancing Yourself 24/7!



Dr. Michelle Payton, is a "Whole"istic/Conscious Living communicator who helps others simplify and bring clarity to all areas of their lives through mind over matter and confidence building communication. She is a multiple award-winning Author, with a Bachelor's degree in Communication Arts, is the Creator/Master of the Birth Mix Patterns process, has a Hypnotherapy Ph.D./Doctorate, is a Master Neuro-linguistic Programmer™, a certified Emotional Freedom Technique™ Practitioner, and is certified in Anodyne Imagery™, and other integrative practices. She has reached thousands worldwide through radio, her books, articles, empowering one-on-one sessions, on-site and telephone seminars. She, her husband and life partner since 1982, and three children currently reside in Asheville, North Carolina. For more information go to [www.TheLeftSide.com](http://www.TheLeftSide.com) – for wholesale purchases, [www.MichellePayton.com](http://www.MichellePayton.com) – for retail purchases, training, sessions, workshops.

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