

inspiration COMES IN many forms - Sue Stone is one

Author of **'Love Life, Live Life'** and a happiness and confidence coach, Sue discovered positive thinking about 13 years ago and it has led her to achieve celebrity status. When her television shows go live, she may even become the 'new' Oprah Winfrey.

The start on her road to success began about thirteen years ago after she'd hit rock bottom in her life. "I nearly lost everything," she says. "My husband left me with a failing business and mounting debts. I was faced with three young children to feed and not knowing if I could afford the next meal.

"Things were literally going from bad to worse. The doctor prescribed sleeping pills and the easy option would have been to stay in bed. But my children needed me and I knew I had to be there for them."

Sue began reading self-help and positive thinking books and immediately began to feel better about herself.

"I visualised achieving goals and this completely changed my life around. Instead of dwelling on the problem, I focussed on the solution," she explains, her lovely smile sends out a positive glow as she talks. "Slowly but surely I transformed my life and the happiness that I thought had long gone, returned."

Now, living in a beautiful character cottage in the Dorset countryside with a swimming pool and horses, Sue is living proof that positive thinking works. She went from a desperate situation with only £10 in her purse, to achieve happiness, inner peace and financial abundance – she even appeared on Channel 4's *The Secret Millionaire* in May 2011.

"It was an incredible experience," she says. "I was sent to a very rough area in Coventry and had to stay in a filthy house. I had to pretend to have no confidence, which was quite difficult, but I was glad I went on the programme. It put a new dimension on rock bottom. Some people were living on the streets.

I met some wonderful people and still keep in touch with some of them. One of the girls, Kate, is now a Sue Stone coach."

The Sue Stone Foundation was set up in 2011 by popular demand. The media attention and publicity Sue received from her links with the late Jane Goody, publicist Max Clifford, BBC dragon Hilary Devey and Denise Welch (ITV's *Loose Women*) has generated thousands of emails. "We respond to them all," says Sue, who has now employed her twenty-five-year-old daughter Natalie as her PA.

The Sue Stone Foundation is already developing around the world and Sue trains people over two days to enable them to run events and offer 1:1 coaching. "All people have to do is apply," says Sue. "They do need to be in the right 'space' in their lives and believe in my work.

"Positive thinking is about retraining your mind. I am a firm believer that everything happens for a reason. But if there's a lot going wrong in your life, it's important not to dwell on the negative things, negative thinking gives off bad vibes. Instead, shift your focus onto the good things. Our thoughts are the most powerful thing we've got. Make achievable goals and take action to reach them."

Her exciting news is that she is filming for the Sue Stone TV show. She already has a CD on release, but feels web TV is the way things are going. Sue is currently looking for people with powerful stories. "If you want to share a powerful story, just email me through the website," she encourages.

Sue is a Dorset girl. "I love Dorset, it is a beautiful part of the world," she says and every Monday evening she holds a positive living group at St Ambrose Church Hall in Bournemouth. "I've held them for the last ten years," she adds, "and



by
Janine
Pulford

everyone is welcome." The session costs £5, or what you can afford.

Sue's final tip to mags4dorset readers is: "Fundamentally, we get more of what we focus on. Put your focus on things that are right

in your life. Focus on what is good. It is the most empowering thing you can do." She gives me that lovely smile again and as I step out through the cottage door, I'm greeted by sunshine.

Sue Stone info file:

websites: To apply to join the Sue Stone foundation visit www.suestonefoundation.com

Follow Sue on **Twitter** @positivesue

ebook – "Love Life, Live Life" also in paperback, purchase or download through the website www.suestone.com

CD – The Power of Positive Living is downloadable from www.suestone.com, plus you can subscribe to and download daily happiness and success videos.

See Sue on the **Secret Millionaire** at <http://www.channel4.com/programmes/the-secret-millionaire/4od>

Competition to win 'The Power of Positive Living' by Sue Stone. We have one copy of the CD that can show you the road to happiness and success.

Simply answer the following question:

In which year did Sue Stone appear on The Secret Millionaire?

Send your answer to Sue Stone Competition, mags4dorset, 1st Floor, King George V Pavilion, Peter Grant Way, Ferndown, Dorset BH22 9EN. Close date 20 February 2012. The first correct answer drawn will be the winner. Employees of Page & Pulford Ltd are not permitted to enter.