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# HAPPINESS WITHOUT LIMITS!

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## Grief Relief in 30 Minutes

GUEST: Aurora Winter, author “From Heartbreak to Happiness” “Encouraging Words,”  
NEW BOOK “Grief Relief in 30 Minutes”  
Founder, Grief Coach Academy [www.GriefCoachAcademy.com](http://www.GriefCoachAcademy.com)

Formerly a film and TV executive producer, Aurora Winter is a leading expert at empowering people to live a life of authentic happiness. She helps people release anything limiting their happiness – such as a death, divorce, breakup, special needs child, or another challenge.

Aurora Winter is a frequent guest on TV and radio and has been featured on ABC-TV, CBS-TV, Fox-TV, Oprah radio and more. Her work has been endorsed by Dr. Wayne Dyer, Dr. Bernie Siegel, Rev. Dr. Michael Beckwith, and many others.

Devastating life events – death, divorce, job loss – can knock people off balance, and people can be heartbroken instead of happy. You may be dealing with something stressful yourself right now.

Or you may have a friend, family member, or client who is dealing with a crisis. If you are a coach, doctor, healer, attorney, counselor ... or anyone who advises clients on personal matters ... you already know that the single biggest challenge you can ever face is when one of your clients is devastated ... over something like a death, divorce, job loss, health crisis etc. On this call, you will learn how to NEVER BE AT A LOSS FOR WORDS AGAIN.

Aurora is an expert at helping people have happiness breakthroughs...FAST.

She's been there. She's taught and helped thousands. She can help you, too.

She knows the SHORTCUTS.

On this call, you will learn these SECRETS to a life of HAPPINESS WITHOUT LIMITS.

- Keys to happiness without limits
- How much of your happiness is under your immediate control
- Shocking link between happiness, income, and health
- The best & worst things to say to someone in crisis
- Myths that keep people stuck ... and how to vaporize “happiness limits” in seconds
- A surprising source of happiness
- The Peace Method® – Aurora’s trademarked 5 step coaching process for getting HAPPINESS WITHOUT LIMITS ... fast
- The single most important thing most coaches and caring professionals miss
- How to help yourself -- and others -- recover after a setback (divorce, breakup, death, special needs child, job loss)
- Why unresolved grief (from death, divorce, other heartbreak) is an epidemic, and what to do about it
- Keys to living a life without limits...with HAPPINESS without limits!

## SAMPLE QUESTIONS FOR AURORA WINTER

Founder, [www.GriefCoachAcademy.com](http://www.GriefCoachAcademy.com)

### Grief Relief in 30 Minutes

Keys to living a life without limits...with happiness without limits!

- Anything you want to say before we get started?  
*(my intention is that you'll never be at a loss for words again after listening to this call)*
- What is the surprising link between happiness, income, and health?  
*(happy people earn \$1 million more, are 35% less likely to get sick, live 7 years longer)*
- How much of our happiness is under our immediate control?  
*(a surprising 40% can shift in a moment, another 50% can shift over time)*
- What are the best & worst things to say to someone in crisis?  
*(BAD: It just takes time. Don't feel bad. You're young, you can get another husband. I know how you feel. You should be over it by now. GOOD: You're not alone -I'm here, Grief is a normal and natural reaction to loss, I don't know what to say, My heart goes out to you. What specifically can I do to support you?)*
- What are some myths that keep people stuck?  
*(It just takes time, It's my fault, If only, Replace the loss, I need a therapist)*
- What is the Peace Method®?  
*(Aurora's trademarked 5 step coaching process for going from heartbreak to happiness.. fast! P= Present, E=Express Your Feelings, A=Accept & Appreciate, C = Consider the Contrary, E= Enthusiasm)*
- How can we use the Peace Method® to vaporize those "happiness limits"?  
*(examples)*
- Grief Relief Wheel – what is it and how can it dramatically increase our happiness?  
*(See where your life is off balance and what to do about it today)*
- What's the #1 secret to happiness without limits?  
*(gratitude)*
- The single most important thing most coaches and caring professionals miss?  
*(grief is inevitable. You have got to be able to help your clients through it. When you are there for them in their darkest hour, they are loyal for life.)*
- What are some action steps to help yourself -- and others -- recover after a setback (such as a divorce, breakup, death, special needs child, job loss)?  
*(Express, accept, forgive, get support, help others)*
- Why do you think unresolved grief is an epidemic (from death, divorce, other heartbreak)? What can people do about it?  
*(baby boomers aging = inevitable, get skills to help self & others with inevitable)*
- Final words of wisdom?

Aurora is giving away the 1<sup>st</sup> 500 copies of her brand-new softcover book here: [www.GriefReliefBook.com](http://www.GriefReliefBook.com)

For more information, visit [www.GriefCoachAcademy.com](http://www.GriefCoachAcademy.com)

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## RAVE REVIEWS FOR AURORA WINTER

**AURORA WINTER**—Founder, **Grief Coach Academy** and the author of **Grief Relief in 30 Minutes, Encouraging Words**, and **From Heartbreak to Happiness®**.

Aurora's vision is to help people live joyful, meaningful, happy lives. Through training coaches at the Grief Coach Academy she is in the process of busting the myths that keep people stuck in grief, and helping them breakthrough to authentic happiness—FAST.

She has reached over 1,000,000 people with her message of hope, healing, and happiness. Aurora has been featured in the media, including ABC, CBS, Fox, Oprah radio and more.

**From Heartbreak to Happiness®** is Aurora's intimate diary of healing after her 33-year-old husband died suddenly, leaving her widowed with a 4-year-old son.

"I read every page of this beautiful diary — it touched my heart and I'm sure it will impact yours." **Dr. Wayne Dyer**, New York Times best-selling author.

"I couldn't put it down." **Lisa Garr**, radio host

"Aurora offers wise tools for appreciating the everyday beauty of living."  
**Rev. Dr. Michael Beckwith**, founder of Agape, featured in the movie "The Secret"

"I admire Aurora and her work because she is living the sermon and has turned a curse into a blessing by helping others to heal. Others can gain strength from her wisdom and experience." **Dr. Bernie Siegel**, author "Love, Medicine & Miracles"

"Aurora inspires us to find the gift in the grief, the healing in the pain, the love on the other side of sadness."  
**Paul Ferrini**, best-selling author "Reflections of the Christ Mind"

"It's amazing, incredible, indescribable! After a 20 minute process with Aurora, I have joy in my heart that I have not had for 4 ½ years." **Miki Knowles**, young widow, coach

"I've gone from minus 10 to plus 10—in 10 minutes. The Peace Method® is amazing! Everyone should try it."  
**Leslie Singer**, coach

"I have coached many people using Aurora's simple five-step process, and it is my favorite coaching tool."  
**Babette Zschiegner**, author, coach

"Not just a book, but a spontaneous act of generosity." **Raymond Aaron**, coauthor "Chicken Soup for the Parenting Soul."

Aurora is giving away the 1<sup>st</sup> 500 copies of her brand-new softcover book here: [www.GriefReliefBook.com](http://www.GriefReliefBook.com)

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