



True To Your Core: Uncovering the Subconscious Beliefs That Wreak Havoc on Your Life

Bonnie Kelly

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"It's not your fault, but it is your responsibility." What if I told you that limiting self-perception you have carried for far too many years and believe with such conviction was installed in your mind on accident; would you believe me? It's true. Many of our insecurities, feelings of not being good enough, unworthy, or not loved, were installed into your subconscious minds without our choice and most often by mistake. And yet, we carry these truths with us throughout our adult lives without question. We continuously validate and needlessly suffer at their mercy with little understanding of another way. Until now. Take your own journey of self-deliverance through Bonnie Kelly's inspiring story of victim-to-victory. Using her personal story, Bonnie will guide you in an exploration of your subconscious mind. With each chapter, another layer of Bonnie's story helps you uncover toxic subconscious viruses from your past that sabotage your success and happiness. The tools and exercises she shares will help you install anti-virus software for the mind so you can create the life you desire. Bonnie Kelly is a renowned speaker, author, and coach who has helped thousands of individuals reprogram the subconscious mind to break free self-destruction thoughts, feelings, and behaviors. Through Bonnie's methodology, you too can release your insecurities and limiting perceptions to become the person you long to be. As Bonnie says, "Insecurities are just weeds of the mind needing to be pulled." With Bonnie's step-by-step process, you'll finally be able to kick those bad habits, release gnawing insecurities and let go of your history. If you have tried affirmations that never seemed to stick; if you are repeating toxic patterns or thoughts; if you are limiting yourself in any way, then this is the book for you.

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