

# UNLIMITING YOUR BELIEFS

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## KAREN BROWN

After struggling with her own limiting beliefs and fears, Karen Brown discovered her true potential when she pursued and finished the toughest race in the world, the IRONMAN World Championship, accomplishing a goal she'd held for 28 years, and one normally reserved for professional athletes.

She identified the 7 keys of achievement through the process of accomplishing her own long-term goal and overcoming her own limiting beliefs. She outlines these in *Unlimiting Your Beliefs*, a success manual that puts the seven transformative keys to achievement right at the fingertips of its readers, so they can make any dream a reality. Her story and the keys she discovered apply to anyone wanting to achieve higher success or realize their own goal or dream.

Karen is a business psychology coach and CEO of Velocity Leadership Consulting, an executive coaching company offering business psychology and transformational coaching to CEOs, executives and managers who are pursuing greater results in their professional and personal lives. She is also a keynote speaker, best-selling author, ultra-athlete and finisher of the toughest race in the world. *Unlimiting Your Beliefs: 7 Keys to Greater Success in Your Personal and Professional Life* is an authoritative roadmap, with a good dose of inspiration and relatability for every reader.



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