

UNLIMITING YOUR BELIEFS

WWW.KARENBROWNAUTHOR.COM



KAREN BROWN
@readkarenbrown

Karen Brown is an expert on transforming beliefs to achieve goals and dreams. She identified the 7 keys of achievement, through the process of accomplishing her own goal - finishing the toughest race in the world, the IRONMAN World Championship, and overcoming her own limiting beliefs. Karen is CEO of a business psychology coaching company, a best-selling author, keynote speaker and ultra-athlete.

REVIEWED BY BRIAN TRACY
AUTHOR OF *EAT THAT FROG!*

"This fast-moving, enjoyable book shows you how to overcome every obstacle and achieve any goal you can set for yourself."



What fears and limiting beliefs keep you from achieving the life you want?

Everyone suffers inaction from limiting beliefs: "I can't possibly do that" or "I don't have enough (money, time, ability) to do that." *Unlimiting Your Beliefs* is the key to conquering those negative voices you're holding onto.

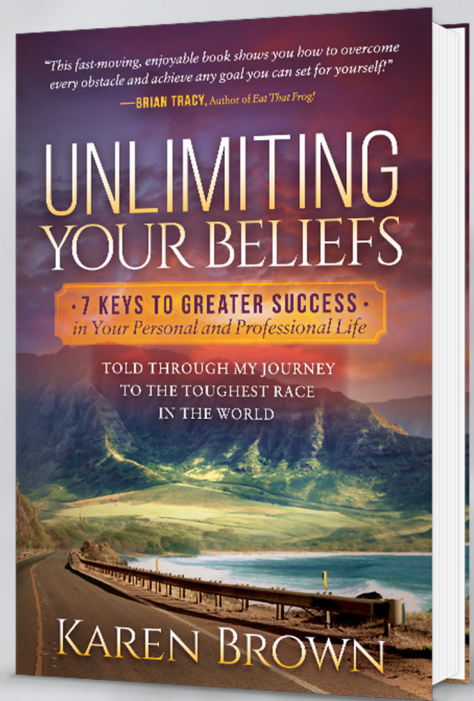
Karen Brown, business psychology coach, speaker and ultra-athlete, shares proven strategies to transform your limiting beliefs and achieve any goal or dream. *Unlimiting Your Beliefs* is a success manual that puts the 7 powerful keys to achievement right at your fingertips so you can make any dream possible for yourself. You already possess the power to achieve anything you desire; unlimit your beliefs to tap into it.

After struggling with her own limiting beliefs and fears, Karen discovered her true potential by finishing the most difficult race in the world, the IRONMAN World Championship, accomplishing a goal she'd held for 28 years.

SPEAKING TOPICS:

Karen offers keynote speeches, breakout workshops and panelist discussions. Inquire about bookings at speaking@velocitylc.com or call 303-803-3902.

- 7 Keys to Greater Personal and Professional Success: Told Through My Journey to the Toughest Race in the World – The IRONMAN World Championship
- Succeed Like an IRONMAN by Breaking Through the Barriers Blocking Your Success – It's Not What You Think
- Succeed Like an IRONMAN in Your Primary Relationship
- Succeed Like an IRONMAN With Your Health
- Succeed Like an IRONMAN With Your Money



CECILIA M

"Unlimiting Your Beliefs inspires you to push yourself beyond your limits and reveals what you are capable of when life circumstances and other people are no longer barriers to what you can achieve."



HEATHER K

"I wanted to learn how one person realized and fulfilled their dreams to gain insight into my own dreams. I was enlightened by Karen's confrontation with fear and what holds us back. Anyone with any dream will gain much from this book. Well worth the read!"



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