



# Linda Allred

## *Bad Habit Belief Breaker*

Your Speaker for self-discovery and empowerment



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### ABOUT LINDA

Linda Allred, acclaimed as The Bad Habit Belief Breaker, is a renowned figure in personal development. She is also known for her expertise in assisting individuals and groups in overcoming the barriers preventing them from realizing their full potential. With a rich tapestry of experience and knowledge, Linda is celebrated as a two-time bestselling author, captivating speaker, and transformative practitioner.

### KEYNOTES & PODCASTS

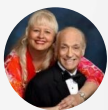
#### Topic: “Journey to Lasting Happiness”

- ✓ Understanding Your Mind: Gain insight into the workings of your conscious and subconscious mind, exploring how these processes influence your thoughts, emotions, and behaviors.
- ✓ Power of Positive Self-Talk: Learn the importance of cultivating a positive internal dialogue and discovering how practicing positive self-talk can enhance your mindset, well-being, and overall quality of life.
- ✓ Directing Your Emotions: Explore techniques for actively steering your emotions towards happiness, empowering yourself to manage stress, overcome challenges, and cultivate a more positive outlook on life.
- ✓ Self-Hypnosis for Transformation: Discover the transformative potential of self-hypnosis as a lifelong tool for positive change and long-term balance, unlocking your inner potential and achieving lasting transformation.
- ✓ Implement the Accelerated Change Template (ACT) Belief Change System, a powerful framework designed to manifest desired outcomes and propel individuals toward their ultimate aspirations.

### TESTIMONIAL



Linda recently spoke to more than 200 Best-Selling Authors at our Best-Sellers’ Summit in Hollywood, CA. All I can say is that she rocked the house. I remember seeing her during one of the breaks after she spoke – she was mobbed! Everyone wanted to talk with her.” - **Nick Nanton, Director of The National Academy of Best-Selling Authors**



I recently had the pleasure of attending an event where Linda Allred delivered a remarkable speech. She is a powerhouse speaker who effortlessly evokes emotions from the audience - from uproarious laughter to heartfelt tears. Her talk on transformative mindset stands out as one of the most impactful and inspiring presentations I have ever experienced. -**Jeannie Levinson, Co-Founder, CEO - Guerrilla Marketing International**



“We have had the pleasure of Linda’s brilliant content and bright spirit contributing to Women’s Prosperity Network twice (our audience loved her so much, we had to bring her back!)” - **Nancy Mathews, Speaker & Author**

**Book Linda now and bring added value, authenticity, and proven results to your event. Linda delivers quality content and practical strategies and inspires the audience to take action.**

### LINDA ALLRED HAS BEEN SEEN ON

