

Linda Allred's 50-Word Bio

Linda Allred, *The Bad Habit/Belief Breaker*, is a bestselling author and personal development expert. Her book, *Journey to Lasting Happiness*, became an Amazon Best-Seller in 2024. With over 30 years of experience, Linda's five-step system helps individuals break limiting beliefs through self-hypnosis and practical exercises.

Linda Allred's 100-Word Bio

Linda Allred, known as *The Bad Habit/Belief Breaker*, is a bestselling author and personal development expert. Her latest book, *Journey to Lasting Happiness*, released in August 2024, became an Amazon Best-Seller and a #1 New Release in the Hypnosis Self-help category. Linda's unique five-step system, combining self-hypnosis, practical exercises, and real-life success stories, helps individuals break free from limiting beliefs.

With over three decades of experience in Clinical Hypnotherapy and Counseling Psychology, Linda blends science, psychology, and spirituality to empower people. She's also a sought-after speaker and a two-time Quilly™ Award recipient.

Linda Allred's 150-Word Bio

Linda Allred, known as *The Bad Habit/Belief Breaker*, is an acclaimed author and personal development expert. Her latest book, *Journey to Lasting Happiness*, released in August 2024, quickly became an Amazon Best-Seller and the #1 New Release in the Hypnosis Self-help category. Linda's work focuses on helping individuals break free from limiting beliefs through her unique five-step system that combines self-hypnosis techniques, practical exercises, and real-life success stories.

With over three decades of experience in Clinical Hypnotherapy and Counseling Psychology, Linda's holistic approach blends science, psychology, and spirituality, empowering people to transform their lives. Her previous bestsellers, *Answering The Call* and *Journey To The Stage*, solidified her standing as a leader in personal growth. Linda is also a sought-after speaker, sharing the stage with figures like Mark Victor Hansen and Lisa Sasevich, and has earned accolades such as the Quilly™ Award.