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"Your Messy Brilliance is the medicine Western women need to feel whole and healthy at this pivotal time in history"

—CHRISTIANE NORTHRUP, M.D., OB/GYN physician
and New York Times–bestselling author

YOUR **MESSY** BRILLIANCE

7 TOOLS FOR THE PERFECTLY IMPERFECT WOMAN

KELLY MCNELIS

FOUNDER OF WOMEN FOR ONE

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Kelly McNelis

Your Messy Brilliance: 7 Tools for the Perfectly Imperfect Woman



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Kelly is a robust author with a powerful point of view! My truly extraordinary friend, Kelly McNelis Senegor, has just released her first publication, *Your Messy Brilliance*. In the past she started an organization called Women For One, creating a large circle of ladies around the world with the goal of inspiring us to become truth-tellers in our personal lives. I recommend this reserve to all women, especially those prepared for the mind-blowing paradigm shift it'll spark. Kelly is genuine, and her 7 equipment are consistent with what There is to be really effective and life-changing for myself (and my clients). Looking clearly at ourselves and our very own personal contributions to the complete, both concrete and energetic, will uplift the world. I highly recommend Kelly's book and overall function for anyone wanting to have a closer appearance... It's terrific! Kelly McNelis's *Your Messy Brilliance* is about stepping from the need for perfection Kelly McNelis's *Your Messy Brilliance* is focused on stepping out of the need for perfection and exceptional full range of our human experience. I have go through many, many self-help and spiritual awakening books, and *Your Messy Brilliance* differs and amazing. There's no easy or quick method to get there, but as this publication assures you, it's the most gratifying route you can take. an ideal body? Yes!!! Be you! Very own who you are! Kelly McNelis brings a refreshing and bold take on self help. Finally a book that provides permission to embrace characteristics that you find much less enchanting and make those qualities a part of the light in which you tell the world. A must-read for anybody desiring a deeper degree of connection with themselves and ready to own how truly brilliant and powerful they are! That is a book I will explore over and over. Share Your Procedure with Others! I found the soul searching and self-reflection actions in the book very helpful. We have been here to become messy, to create glorious mistakes, and to accept every single part of it. The encouragement that it gives people to start their own journey of self-exploration is certainly priceless. I will utilize this book as a guide for a women's group I business lead. I liked this reserve and recommend it. This is a beautifully written, love letter to women This is a beautifully written, love letter to women. All the years we've strived to be perfect, or spent time as a martyr all slips away with Kelly's invitation to embrace our messy brilliance. I cringed at the word messy at first seeing my very own chaos in my mind, but through her invitation to dig deep or dive in Personally i think parts of myself letting proceed of the images and false sense of myself. Being genuine and true and owning my truth holds true freedom! The 7 tools are actions based and engaging to try. With honesty and transparency, Kelly shares pieces of her own personal encounters that assure us lifestyle is not perfect and sometimes down best messy. Kelly really fingernails the complexity to be a female and how exactly to trust yourself on a soul level- even if the rest of the world appears to be out to create it harder for you personally. This book has all the tools and questions to guide you through a personal journey of growth and acceptance, while keeping a real girlfriends tone of speech. *Your Messy Brilliance* is brilliant! Kelly McNelis delivers a simply no nonsense book filled up with acceptance and practical tools to reclaim our own messy brilliance... *Your Messy Brilliance* is brilliant! It's a timely reserve to help us move through our mad drive for who understands what (economic success? And scanning this book was extremely reassuring in allowing me understand there's a community of other ladies who are walking the same path together! the prefect relationship? They sparked my capability to dig deeper into myself to discover my strengths and dreams that ultimately will help me take action for change. I really like a book where in fact the author is willing to become unapologetically vulnerable without touting victimhood. Plus, it's a good how-to guidebook if you're searching for effective tools to assist you not merely understand, but accept and enjoy, the messiness of your life. Excellent job! A GENIUNE Beautifully Written Gift! It's a timely publication to greatly help us move . Witty, Soulful, Brilliant, and yes- Messy. They move from lighter to deeper as you dive in to the depths of your story and your specific imperfect perfection. I too have learned

through the years the pleasure and freedom (and necessity) in being properly imperfect and embracing all of life's messiness and beauty, and Kelly captures and details succinctly clear methods for getting there. At themselves. Yet there are methods to embrace those hard pieces, sort out them and ultimately uncover the brilliance within us. Five Stars Wonderfully freeing and inspiring. A Refreshing Exhale from typical Self-Help books This book is a refreshing exhale from the plethora of "hold your breath" self-help books that claim we need to be fixed. In 'Your Messy Brilliance', author Kelly McNelis will a beautiful work demystifying the myth of perfection, and just why it really is our imperfections that truly make us brilliant.) and discover our in the past home to our perfectly imperfect individual selves. This book gives women the courage to examine life without judgment, while providing empowering tools for anybody to claim their tale and experience magnificence. Thanks a lot for writing your truth Kelly to embolden females everywhere to unite as Truthtellers. More Than A Self-Help Book Kelly McNelis, the founder of Females for One company, in her bestselling book, Your Messy Brilliance, bears readers further than a self-help approach. This book is witty, soulful, and yes- messy. Five Stars Great book to learn based on relationships. Kelly inspires readers to reflect on their own life, identify the targets they will have of themselves and ultimately discover the joy hiding deep included. Read it now! an ideal kids? I recommend this valuable, insightful book. I plan to revisit it again and again! Couldn't Put It Down Your Messy Brilliance is one of those books that has everything: It's an excellent read. It's a genuine and heartfelt posting of Kelly McNelis's very own incredible life tale. Great depth, clearness, compassion, and lots of useful steps and tools. Read it now! Kelly McNelis is my hero Kelly McNelis is my hero. She actually is a truthteller like no additional. Her new reserve, "Your Messy Brilliance," gives us permission to be imperfect. Because our mess, no matter what it is, makes us perfect anyway, who we're supposed to be. Kelly teaches us how to embrace our mess and discover the energy of living authentically. Anytime a person is willing to share their ongoing messy yet life-affirming procedure with others, I applaud it tremendously.



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