



# Your4Truths

How Beliefs Impact Your Life

**Judy Kane**

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**SYNOPSIS:****The truth is that you are safe, worthy, lovable, and connected.**

Do you struggle daily to finish your “To Do” list?

Desire reduced stress?

Yearn to finally create the life you really want but never seem to achieve?

Your subconscious beliefs often cause powerful resistance to the very things you want. In fact, your life is a reflection of your limiting beliefs—most of which are established by the time you are seven years old.

The good news is that you can change your beliefs. In *Your4Truths*, you will explore four basic beliefs and how altering them allows you to make decisions based on what you want instead of what you fear, to stop second-guessing your decisions, to collaborate with others, to feel compassion for others and to know that you are part of something much bigger.

Knowing that you are safe, worthy, lovable and connected to something bigger frees you to fully embrace your life as your authentic self.

## ABOUT AUTHOR JUDY KANE



**Judy Kane**, a PSYCH-K® facilitator, believes people can identify and release subconscious beliefs that keep them repeating unhealthy, stressful patterns. The shifts her clients experience result in them finally achieving what they've longed to—with ease and comfort. Judy also hosts workshops and presents in group sessions, conferences, and on podcasts. Originally from Richmond, Virginia, she lives near Tampa Bay, Florida, usually with a rescued cat or dog (or two) as part of her household. *Your4Truths* is Judy's first book. To learn more about Judy and PSYCH-K®, visit [www.alignedconsciousness.com](http://www.alignedconsciousness.com).

### You can follow Ms. Kane on the following social media channels:

- Facebook: <https://www.facebook.com/alignedconsciousness>
- LinkedIn: <https://www.linkedin.com/in/judykanepsychk/>

## **BOOK INFORMATION:**

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## FREQUENTLY ASKED QUESTIONS

Author Judy Kane

**Q: What was your motivation to write this book?**

A: I've seen so many people struggling because they had blocks that were limiting their ability or desire to achieve a fulfilling life. Often, they believe there is nothing they can do to change their situation. I share ways to discover if they have beliefs that are holding them back in some key areas and want them to know that they can change these if they want to.

**Q: How did you come up with the four truths?**

A: These are the belief categories that I have seen most frequently in my clients and they correspond to basic human needs.

**Q: Why are subconscious beliefs so important?**

A: Most of them are established by the time we are seven years old. They are harder to identify and change than conscious beliefs, and they influence 95% of our behavior. If they are at odds with our conscious goals and desires, they are extremely difficult to override.

**Q: Why is now the right time for this book?**

A: When people aren't achieving their goals, it stresses them out. This stress ripples out in circles around them, causing everyone's energy and resources to be used in unproductive and unfulfilling ways. It feels like our stress levels have been escalating over the past few years, and I'd love to see people be able to reduce those.

**Q: What do you hope will be the impact of your book?**

A: When people remove the fear and stress in their lives, they create a more intentional, authentic and compassionate space. The greater the number of people who do this, the bigger the ripple effect will be. I want the ripples to be as wide as possible.

**Q: How did your career prepare you to write this book?**

A: I've been doing belief change work since 2011. While every person (including me) has their individual sets of beliefs and situations that they want to change, over time I've seen some common themes. These are what I've described in the book.

**Q: What did you learn about yourself as you wrote this book?**

A: I've learned that I'm more concise as a writer than as a talker. I can easily elaborate on ideas and give examples in conversation, and I rely on interaction to know when that is needed. When I'm writing, I can't see the questions the reader has. It was hard to know whether more information would be helpful or not.

**Q: What was the most challenging part of writing and publishing this book?**

A: I'm not sure about "challenging," but the most surprising part was learning about all the pieces and parts that are needed in addition to the actual content. The publishing process is much more complex than I had known, and it's been really interesting to learn more about that.

**Q. What are three things people would be surprised to know about you?**

A: I spent over thirty years in Information Technology related jobs, I was a realtor for five years after that, and I love riding roller coasters.

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