



This I Know

Bonnie Montgomery

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This I Know is a vulnerable autobiographical journey ultimately intended to illustrate how our subconscious begins receiving 'programming' from the moment of our conception and throughout early childhood and how these programs, or blueprints, eventually manifest in the lives we lead. While positive blueprints evolve into positive building blocks with which to construct our lives, negative programs provide just the opposite and ultimately threaten our well-being and success. This I Know is one woman's story of a childhood typified by negative programming, the ensuing years of misery, of discovering this very concept and finally of breaking free from many of the strongholds that this blueprinting had manifested over her life. In turn, it is the desire of her heart to share the information that others too may gain understanding into what makes us tick and finally gain victory over the things in our lives that steal our lifejoy.

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