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Julie Ann Cairns

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Julie Ann Cairns : The Abundance Code: How to Bust the 7 Money Myths for a Rich Life Now before purchasing it in order to gage whether or not it would be worth my time, and all praised The Abundance Code: How to Bust the 7 Money Myths for a Rich Life Now:

5 of 5 people found the following review helpful. Be prepared to read and think, "I don't do that. Ohhh. My. Goodness. Yessss I do."By Victoria Labalme, Creative Director, Victoria Labalme Communications, LLCThe Abundance

is like having a guide shine a light on the hidden gates that lock you out from living the life you've dreamed of. Not only that, Julie Ann Cairns also hands you a set of keys to open each door. The only question is, are you ready to walk through? If so, be prepared to read and think, "I don't do that. Ohhhh. My. Goodness. Yessss I do." As each myth is explained, you'll start to realize the maze is in your mind. The Abundance Code shows you the way out to a stunning new world of abundance.

30 of 30 people found the following review helpful. Re-program your brain to attract money and success

By Jeff Walker I read an advance review copy of this book, and this is what I wrote about the book: "Have you ever wondered why money and success seem to come so easily to some people - when they have no more talent than you, no more skill, and they certainly don't work any harder than you do? Have you ever thought that you just didn't have the the knack for making money? Or you just don't have "money luck"? Here's the truth: your level of success is a direct result of your mental programming about money and success - and you had that programming subconsciously installed years ago by parents, siblings, and friends. And if you're like most people, that money programming is holding you back. The Abundance Code will peel back the layers of that faulty mental programming, and it will install the new success source code that will unconsciously and automatically put more abundance in your life." Now after getting the final version, I want to expand on my review... I grew up in a very middle-class suburban home in the United States. I had supportive parents and a strong family structure, but I also absorbed many "money lessons" from my environment that were not helpful. I grew up believing that some people had some almost-magical ability to make money - and I definitely didn't have that ability. I thought it was something that you're born with, and I didn't get it. Later on, after finding myself in dire financial straits with seemingly no other path forward... I started a fledgling business. As that business started to have some very minor success, I gradually realized that I had all kinds of mental programming around money that was holding me back. That's when I started a 20-year journey to re-program my mind around money, success, and abundance. I'm still on that journey... but I've achieved some rather significant success (a multi-million dollar business, a NY Times #1 bestseller, thousands of successful clients, etc.). I give that background so you understand this - what Julie Cairns has done here is give you a shortcut to that 20 years of study I've done around money, wealth, success, and abundance. This is what I've seen over and over: you will never have real success unless you get your mental programming about money and success straightened out. Once you fix that mental programming (and we ALL need help in this area), it's amazing how fast the abundance flows. This book is your quick start on re-programming your brain to attract true abundance.

7 of 8 people found the following review helpful. This is the type of education that should be mandatory ...

By JB Glossinger This is the type of education that should be mandatory in the world's schools system. Julie Ann Cairns' The Abundance Code is filled with true secrets to not only educate you on how to become more abundant, but is filled with actionable steps to get you there. Reading it I could feel my beliefs on wealth strengthen through her knowledge and years of experience. This is a must read for anyone looking to have more abundance in their life. I know it will go into my library as a book that I need to read again and again to maintain my beliefs, and to live The Abundance Code.

Are you frustrated in your efforts to succeed and create abundance in your life? Are you exasperated even though you may have set financial goals for yourself, gained knowledge, and worked hard? Are you wondering what is standing in your way, preventing you from accessing the life of freedom you've been dreaming about? Well, The Abundance Code is here to provide the answer you've been searching for . . . There is a hidden yet crucial element to success and abundance that most people are unaware of - because that essential element is buried in their unconscious minds. The Abundance Code is about how you can (and must!) rewrite your subconscious programming so that you can effortlessly achieve the rich life of abundance you deserve. Julie Ann Cairns takes you through the "7 Money Myths" - an extremely common set of subconscious barriers put up between you and your attainment of abundant wealth and freedom - and helps you banish them, so that your subconscious can come into alignment with your conscious goals for financial freedom. If your underlying programming does not support your goals - and it probably doesn't - then Julie will show you how to get out of your own way and finally access the life you have always wanted. You can be successful, you can be wealthy, and you can make money without expending physical effort or sacrificing too much of your precious time. You can become financially free with the luxury of choice. If you have tried and tried to attain financial freedom but are still struggling, then this book will provide the breakthrough you've been waiting for.

Have you ever wondered why money and success seem to come so easily to some people when they have no more talent and no more skill than you, and they certainly don't work any harder than you do? Have you ever thought that you just didn't have the knack for making money or you just don't have 'money luck'? Here's the truth: your level of success is a direct result of your mental programming about money and success - and you had that programming subconsciously installed years ago by parents, siblings and friends. And if you're like most people, that money programming is holding you back. The Abundance Code will peel back the layers of that faulty mental programming, and it will install the new success source code that will unconsciously and automatically put more abundance in your life. -- Jeff Walker, #1 New York Times bestselling author of Launch If you don't update your computer software,

your computer will begin to run more slowly, have more problems, and eventually stop working altogether. It's the same with your money beliefs and unconscious wealth 'software.' The beliefs that got you to this point in your life are probably not the ones that will take you where you long to be. The Abundance Code is a chance to update your money and wealth beliefs and find financial freedom and more free time in your life. Julie Ann Cairns is a passionate guide to rebooting your beliefs to reach your dream life. -- Bill O'Hanlon, featured Oprah guest and author of more 35 books, including Do One Thing Different and The Change Your Life Book

About the Author Julie Ann Cairns began her career as an economist and has been working in the finance and wealth-creation industry for over 25 years. She is the co-owner and managing director of Trading Pursuits Group, a financial-markets education company established in 2001. Julie has built her own personal wealth through investing in the stock market, real estate, and entrepreneurial ventures. She believes in inspiring others to transform themselves and their lives through practical financial wisdom supported by a wealthy mind-set so that they can achieve personal and financial freedom. Her mission is to empower people to live an abundant life free from limiting beliefs. Website: www.julieanncairns.com