

A group of approximately seven women are huddled together in a warm embrace on a sandy beach. The scene is captured during the golden hour of sunset, with soft, warm light illuminating the women and the background of green foliage. The women are dressed in casual, summery attire, including white dresses, a black top, and a white cardigan. The overall mood is one of friendship, support, and community.

YOUR *MESSY* BRILLIANCE

7 TOOLS FOR THE PERFECTLY IMPERFECT WOMAN

womenforONE

BOOK SUMMARY

There is no magic pill. There is no one-size-fits-all solution to your problems. There is no guru coming to save you. And there is no personal-development program that will get you to “perfect.” The truth is, you don’t need any of those things. You are brilliant and breathtakingly powerful, exactly as you are.

The remarkable truth you are about to discover—one that you already know deep down in your bones—is that the idea of perfection can’t bring you the joy, passion, and purpose you are craving. What you are looking for, as author and Women For One founder Kelly McNelis will show you, is your messy brilliance. It’s the part of you that’s perfectly imperfect and that contains your wholeness: the good, the bad, and the ugly.

Your Messy Brilliance offers an engaging, customizable roadmap to the authentic you. In this book, you will learn to:

- Reclaim your true brilliance by embracing your flaws as the key to unlocking your deepest truth.
- Understand how your stories shape your life—and harness your power to transform the stories you tell yourself and others.
- Consciously move past shame and self-judgment.
- Develop a stronger relationship to your body, mind, and spirit.
- Connect with your feminine power to find presence, peace, and clarity.
- Make conscious, effective choices that enable you to make your life happen, on your own terms.
- Embody limitless possibility so that you can create the life you have always dreamed about.
- Commit to a life of radical openness, authenticity, and courage—so that you transform yourself and your world.

With a combination of personal experience, relatable stories from everyday women, and practical wisdom, Kelly will guide you into the most important journey you will ever take as a woman: the journey back home to your messy brilliance...and your ultimate truth!



THE CHALLENGE + THE SOLUTION

Throughout history, women have been at the forefront of revolutions and uprisings. At the same time, we have been silenced...we have attempted to be more like men...and we have felt pressured to be everything to everyone. We are continuing to move into our power, but the pressure to “get it right” and to be the superheroines in every one of our roles (mom, partner, friend, daughter, boss, employee, etc.) is getting to us. We are now at a turning point, where we’ve hit the ceiling and are ready to call it quits. We’re exhausted by the obligations we’ve been expected to fulfill, and we are finally asking: *What about me? Who am I? What do I want?*

Your Messy Brilliance guides women through answering those vital questions so that they can lead lives that honor their true desires and help them embrace who they really are—which includes the “flaws” that so many of us are conditioned to hide. In fact, as this book will reveal, fully owning our stories will free us from the disease of perfectionism, shame, and self-judgment that holds us back from living the life of our dreams.

We all know that you have to put your own oxygen mask on first, but women are only now beginning to really discover how important it is to take care of ourselves, first and foremost. This process isn’t easy, and it doesn’t come naturally to most women, which is why ***Your Messy Brilliance*** was written: as a compassionate guide that teaches women to embrace their perfectly imperfect selves. With Kelly’s guidance and a host of inspirational stories about women who have claimed their own messy truths, women will become aware of their whole selves so that they can fully show up in their lives.

Your Messy Brilliance is about empowering and equipping women with the guidance and tools that they need to share their stories, in order to discover their voice and ultimately claim their power.

"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

THE MOVEMENT BEHIND YOUR *MESSY* BRILLIANCE

Kelly McNelis is the founder of [Women For One](#), a global community of women from more than 50 countries that supports women in sharing their stories, claiming their voices, and making life happen, on their terms.

Since its founding 6+ years ago, over 500 truthtellers have shared their stories on the site. Truthtellers are the heart of Wf1 and include recognized changemakers of the world (such as Arianna Huffington, Byron Katie, and the late Dr. Maya Angelou), but mostly the powerful, everyday people who change us just by sharing.

The Wf1 community has connected through adversity, triumph, and powerful lessons learned along the way. More than 600,000 people follow Wf1 on [Facebook](#), [Twitter](#), [Instagram](#), and [Youtube](#)—and those numbers are rapidly increasing.

Over 40,000 unique readers visit Wf1 every month to access our free resources, downloadable toolkits, and online courses for discovering their voices and claiming their power.



WHAT MAKES YOUR *MESSY* BRILLIANCE UNIQUE

Your Messy Brilliance is a timely book that will revitalize women who are exhausted by the number of self-help books, magic pills, and other “get happy fast” gimmicks that bombard them in our world today. It hits on personal development, social transformation, and the potential of women to effect change when we embrace our true power. Given the rise of the women’s empowerment movement, and its special place within today’s political and technological/social media climate, Kelly’s book is bound to resonate with many people for a multitude of reasons:

- *Your Messy Brilliance* gives readers practical advice and powerful tools to claim their voices, tap into their true power, and ultimately find their joy and passion for life.
- Women are no longer afraid to find their voices and speak out. *Your Messy Brilliance* guides readers through the process of finding your voice so that you can speak your truth and transform the world around you.
- Everyone has a story, and with advancements in technology and social media, we have access to stories like never before. *Your Messy Brilliance* shows us the value in our stories, and how we can use them to access our true power.
- *Your Messy Brilliance* will guide women through a process that helps us own our power. For example, women are stepping into roles that have traditionally been held by men, and 30% of businesses today are owned and operated by women.
- People are tired of preachy self-help; *Your Messy Brilliance* is refreshing in that it’s all about embracing our imperfections in order to experience lasting joy.
- Women are taught from a young age that we have to be “perfect.” This book helps us let go of stressful perfectionism and discover the brilliance in our “flaws.”
- Kelly doesn’t shy away from the challenging issues or sprinkle “love and light” over everything, which many women who are not into the “New Age” movement will appreciate. The terminology of the New Age can be confusing and inaccessible, but Kelly speaks a grounded, down-to-earth language that will be accessible to women of all backgrounds.
- This book is customizable to any individual’s needs. It allows each woman to create her own plan for a life well lived, according to what will help her to access truth and joy.
- In today’s divided social and political climate, it is imperative that we unite as women; *Your Messy Brilliance* will help us do that.

ABOUT THE AUTHOR

Kelly McNelis is the founder of Women For One, a place where women from 50 countries share their powerful stories with the world. Over 500 Truthtellers, as Kelly calls them, have answered her call to action: Make life happen by sharing your messy brilliance. Their stories range from the devastating to the delightful, and everything in between.

Kelly is a mom, wife, friend, mentor, businesswoman, Reiki master, minister, healer, incest survivor, and firm believer that there's no such thing as "TMI."

Formerly a nonprofit- and small-business consultant, Kelly now travels the world as a speaker, teacher, and workshop facilitator, empowering women to find their voice and discover their true power. She has interviewed global changemakers including the late Dr. Maya Angelou, Arianna Huffington, Regena "Mama Gena" Thomashauer, and Byron Katie, on the importance of cultivating our own inner wisdom and truth-telling voices.

Kelly's work, husband, kids, and brilliantly messy life are based just outside Seattle.



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