

# Angelina Borak

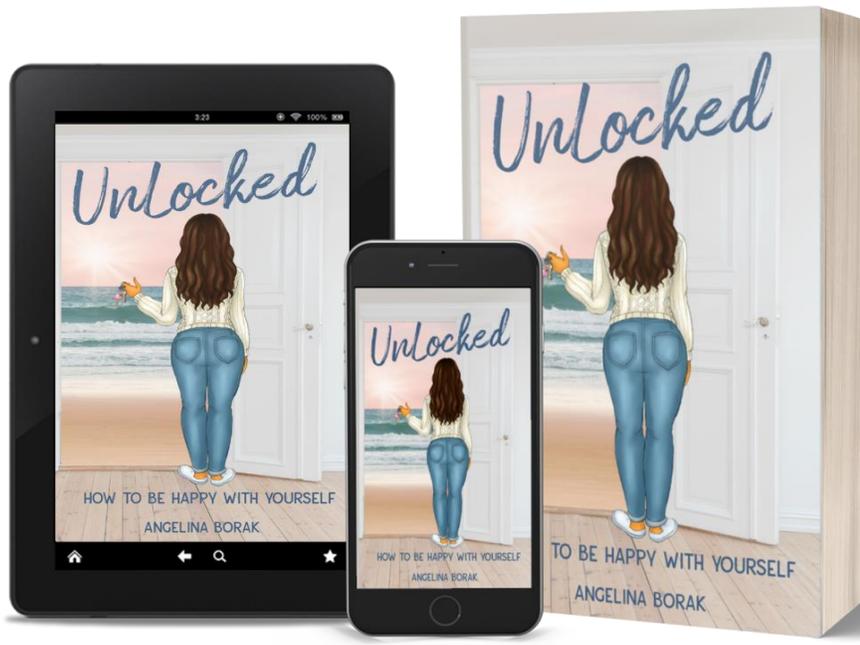
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## Short Bio

Angelina Borak is a Personal Life Coach. In her new book, *UnLocked: How to Be Happy with Yourself*, she teaches Step One of her original Happiness Formula, which she developed during her coaching career. She is certified as a Relationships, Life, Professional, Spiritual, Hypnotic, and Bereavement Coach. She lives in Florida with her Girl Tribe, pugnacious pug, and cuddly cat.

Learn more at [AngelinaBorak.com](https://AngelinaBorak.com)





### *UnLocked: How to Be Happy with Yourself*

- **Author - Angelina Borak**
- **Length – 236 pages**
- **Genre – Nonfiction, Self Help**

#### **Book Blurb**

**Stuck in a life you don't like? Fed up with feeling bad about yourself?  
Life can be better! Get beyond 'limits' by welcoming the wisdom of UnLocked.**

Angelina Borak, personal life coach and developer of The Happiness Formula, will guide you forward using her simple seven-step process to move you from frustration to feeling good about yourself and your life. In this book, she discusses valuable examples of the bumps in the road (both real and imagined) that hinder the smooth journey to the happy life that you deserve.

You'll find your own special secrets which will improve your life using unique concepts – such as Love Locks and I'm Statements – to help you develop your individualized plan that assures both immediate relief as well as tips for a lifetime of continued wellbeing. In addition, Angelina talks you through the importance of easy – but important - strategies for daily success, including Pillars and Kiss the Baby Daily to support your efforts.

Packed with common sense advice, UnLocked challenges your outdated beliefs which are not only wrong but are actually making your life harder and more difficult, so that you can create a happy life with confidence and surety.

## Long Bio

Angelina Borak started coaching in 2010. Her goal was to positively empower women to create their own happiness. It didn't take Angelina long to discover that the women coached all had one thing in common.

There was always a statement that began with "I'm not" or "I'm too" followed by a grouping of really mean, derogatory words about themselves.

These statements undermined all of the work that her clients were doing. Their words had a surprisingly negative impact on every aspect of their lives--how they felt about themselves, their ability to create a good reality, and all of their relationships. The statements seemed to have a damaging force that created a paralyzing impact on the women.

She realized that these statements were deep-rooted beliefs that prevented women from doing and being what they wanted to be. Those powerful beliefs created a glass ceiling that women couldn't smash through. Furthermore, every time these beliefs got activated, it would stop the women in their tracks. These beliefs impacted all of their relationships, their day-to-day lives, their ability to achieve their goals, and, most of all their, happiness.

In her practice, she calls negative beliefs Love Locks. A Love Lock is a toxic core belief that prevents you from being your Authentic Self and negatively impacts your reality and relationships.

When Angelina coaches her clients she takes client through The Happiness Formula.

# The Happiness Formula



UNLOCK

Clean up your toxic beliefs about yourself so that you can be the real you.

The result is confidence, strength, and purpose.



CREATE

Create a life that makes the real you happy.

The result is accomplishment, security, and trust.



MORE LOVE

Bring the real you into all of your relationships.

The result is *Happiness!*



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