

CYNTHIA ANN BILQIS MOHAMMED

Certified Life Mastery Consultant • Speaker • Author • Veteran
Human Rights Consultant • Nutrition & Wellness Consultant



“Transformation is not
an event — it is a
journey.”

— Cynthia Mohammed

www.transformationlmc.com

Cynthia@transformationlmc.com

(346) 273-5077

▶ YouTube: [@NothingButTheTruth2026](https://www.youtube.com/@NothingButTheTruth2026)

Houston, TX • (346) 273-5077 • transformationlmc.com • Cynthia@transformationlmc.com • YouTube:
[@NothingButTheTruth2026](https://www.youtube.com/@NothingButTheTruth2026)

MEET CYNTHIA

Cynthia Ann Bilqis Mohammed is a force of nature — a Retired Army Nurse and War Veteran, published Author, Poet Laureate, Certified Life Mastery Consultant, Human Rights Consultant, and Nutrition & Wellness Consultant whose extraordinary life journey has become her most powerful teaching tool.

Her story is not one of easy triumph — it is one of radical resilience. Cynthia experienced the traumatic loss of her mother at age 14, which left her emotionally frozen in time. It was not until age 38 that she recognized the depth of her PTSD, and not until age 52 that she achieved true emotional maturity. Through faith, courage, and life-changing tools from the Brave Thinking Institute, she broke free from decades of emotional captivity.

Exiled in Africa from 2013 to 2016, physically handicapped for four years, and having navigated five marriages — each documented with unflinching honesty in her memoir *One of Those Women* — Cynthia transformed every wound into wisdom. She reverted to Islam in December 2014, and her faith became the bedrock of her continued transformation.

Today, as founder of Transformation LMC, Cynthia guides individuals and organizations toward breakthrough using proven Life Mastery principles. She is a mother of four, grandmother, and great-grandmother whose personal mission is simple: help every person she meets discover just how powerful they truly are.

C R E D E N T I A L S & B A C K G R O U N D

- Certified Life Mastery Consultant
- Human Rights Consultant
- Nutrition & Wellness Consultant
- Brave Thinking Institute Graduate
- Published Author — 3 Books
- Poet Laureate
- Retired U.S. Army Nurse & War Veteran
- Former Licensed Ordained Minister (11 yrs)
- Speaker & Transformation Coach
- Reverted Muslim — practicing since 2014

SPEAKING TOPICS

PTSD & Healing

A raw, courageous account of living with undiagnosed PTSD for decades — and the breakthrough that changed everything. Audiences leave with practical tools for emotional healing and renewed hope.

Women's Empowerment

Drawing from her memoir and life experience, Cynthia speaks to the resilience of women who have been knocked down — and found the courage to rise again, stronger and wiser.

Life Mastery & Transformation

Using proven Brave Thinking Institute methodology, Cynthia guides audiences to identify limiting beliefs, unlock their inner power, and build a life they truly love living.

Faith & Spirituality

With experience spanning 11 years of ordained Christian ministry and Islamic faith, Cynthia explores the universal power of spiritual grounding as a foundation for authentic transformation.

Health & Wellness

As a Nutrition & Wellness Consultant and former Army Nurse, Cynthia connects physical wellbeing to mental and emotional wholeness, delivering practical, life-giving strategies.

Human Rights

Grounded in lived experience across continents and years as a Human Rights Consultant, Cynthia speaks with authority and passion on dignity, justice, and the power of advocacy.

BOOKS BY CYNTHIA

One of Those Women
2001

Written under the name Williams, this courageous memoir gives voice to women who believed their stories were too painful to tell — documenting five marriages, heartbreak, exile, and the long road to self-discovery. Raw, honest, and deeply human.

Marriage — Not Just a Simple 'I Do'
2004

A faith-based, candid exploration of the sacred covenant of marriage — what it truly requires, and what it truly offers when entered with wisdom, intention, and spiritual grounding. Essential reading for anyone navigating marriage.

Down But Not Out
2025

Cynthia's most recent work, charting her journey through physical disability, exile, spiritual renewal, and ultimate triumph. A powerful testament that no matter how far down life pushes you — you are never out.

***One of Those Women
TRANSFORMED***
Coming Soon

My Journey of Getting Unstuck from PTSD. The continuation of Cynthia's story — a deeply personal account of breakthrough, healing, and the radical transformation that awaits anyone willing to do the work.

▶ **WATCH ON YOUTUBE**

youtube.com/@NothingButTheTruth2026

Nothing But The Truth — Real Talk. Real Transformation. Real Life.

BOOK CYNTHIA

Cynthia is available for keynote addresses, workshops, retreats, panels, and podcast appearances. She brings not just a message — but a movement.

CONTACT

(346) 273-5077

Cynthia@transformationlmc.com

www.transformationlmc.com

Houston, Texas, USA

FOLLOW & CONNECT

▶ YouTube

[@NothingButTheTruth2026](https://www.youtube.com/@NothingButTheTruth2026)

Transformation LMC

“There are no real problems in this world — only a state of lacking awareness.”

— Cynthia Ann Bilqis Mohammed