



Spirit Paths: The Quest for Authenticity

By Gerry C. Starnes M.Ed.



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The 2014 Indie Spiritual Book Awards Grand Prize Award Winner, *Spirit Paths: The Quest for Authenticity* emerges as a fundamental guide to authenticity. The book was developed over a six year period from the live workshop series, which began in 2008. Each chapter of *Spirit Paths* used as handouts to complement the 6-month long workshop series.

The Spirit Paths program is based on a fundamental understanding of the way in which personal work affects change. While the focus and content of the series has evolved since its inception, the intention for individual discovery remains clear: The only thing that you bring to the table in your life is your authentic self. Key questions for participants are:

What do you **really** want?

Who do you want to be when you die?

Spirit Paths guides you step-by-step through new ways of understanding perception and beliefs. It challenges you to rethink often long-held beliefs that are essentially false, that may be unknown to you, and that keep you stuck in a life not of your choosing. This program shows you a pathway into authentic relationship, family, community--and your role in life.

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Spirit Paths: The Quest for Authenticity By Gerry C. Starnes M.Ed. Bibliography

- Sales Rank: #1859394 in Books
- Published on: 2013-12-21
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .51" w x 6.00" l, .68 pounds
- Binding: Paperback
- 224 pages

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Editorial Review

About the Author

Gerry C. Starnes, M.Ed. is a shamanic practitioner, teacher, mentor, and author in Austin, Texas. For more than a decade, he has been committed to assisting people to discover and express their essential and authentic selves. To this end, he offers regular personal and group experiences, and a variety of workshops based on the shamanic worldview.

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Bonnie Parker:

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