



KERRY PASTINE

life designer

author

musician



Life designer, author and rock & roll philosopher Kerry Pastine is an insightful, razor-sharp force who is redefining the self-help world. She has the unique ability to lead readers on a path less taken to claim their passion, purpose and personal power. Kerry opens doors and changes lives.

Kerry's literary debut *Know Thyself*, is a guided journey to discovering the power that lies hidden within one's own life story. Kerry's straightforward yet compassionate approach entices the reader to take a deep, healthy personal inventory by instilling confidence and pride in self. Her one question at-a-time approach roots out fear and inspires the peaceful knowledge that life can and should be designed.

"Life is not happening to you. You are not a leaf blowing in the wind. You are the tree. Stand tall." - *Know Thyself*, page 54

"USING THIS BOOK CHANGED MY LIFE IN MEASURABLE WAYS."
- sara

"YOU OWE IT TO YOURSELF TO TAKE THIS JOURNEY."
- JANIS

"LIKE HAVING YOUR OWN LIFE COACH AT ARM'S REACH."
- monica



Over 15 years of life and business coaching, live performances and true self living has given Kerry the tools to take her message to the world. The release of *Know Thyself* proves that now is the time and that Kerry is ready. Her genuine, no nonsense style is both entertaining and intoxicating. Everyone that comes into contact with Kerry instantly feels good and walks away with the drive and desire to start living out loud.

Kerry Pastine is available for book signings, interviews, one-on-one life design sessions as well as custom workshops designed for specific needs.

Design your life. Know Thyself.

Know Thyself ISBN: 978-1-62209-410-3

Available worldwide at KerryPastine.com