

Gavin's new book, THE REAL YOU: Leading Your Life From Your Authentic Self, will be available this October. It is a comprehensive work that illuminates and makes accessible the universal path of the Authentic Self. The book interlaces an intimate autobiographical narrative throughout to illustrate its underlying principles.

## $\mathrm{Heau}_{\mathrm{YOU}}^{\text {The }}$ <br> Leading Your Life From Your Authentic Self <br> Gavin Frye, ma, mpt

Gavin has 40 years experience as a licensed spiritual therapist. He was catapulted onto his career path in his teens growing up with his brother, a convicted murderer and white supremacist gang leader. He learned how to heal trauma, and discovered his gift for bringing greater intimacy into our closest relationships. Gavin is an authority on the cutting edge world of male vulnerability.

Gavin has extensive experience on camera teaching live and online transformational workshops, and is creator of the Reflections on Authentic Living series, a library of over 100 fully produced videos covering all aspects of his professional expertise. He has been called "a natural" by established Hollywood filmmakers.

## STORY IDEAS

Your Authentic Self:<br>Your Greatest \& Most Untapped Resource

A Well-Kept Secret:<br>A Vulnerable Man is a Powerful Man

Authentic Leadership: Risking Vulnerability in the Workplace

How to Be the Parent You Always Wished You Had: Transforming Your Relationship With Your Children

Building Bridges: How to Keep Religious \& Political Divisions From Ruining Your Family Relationships

Miracle of Miracles:
How to Actually Be Uplifted By World News

Courageous Conversations: The Secret to a Vibrant Marriage

## Who's Calling the Shots in Your Life

-Your False Self or Your True Self?
Discovering Your "New Normal"
4 Strategies for Successfully Returning to the Office

