

Living Authentically

... in a World That Would Rather You Didn't

Part I

Bridging Worlds Apart

Introduction—The Pull of Two Worlds

Chapter 1: The Basics I—The Power of Human Potential
(What draws us?)

Chapter 2: The Basics II—The Landscape of Our Lives
(What stops us?)

Chapter 3: The Basics III—The Path is Made by Walking It
(The bridge)

Part II

Pathways to Your Unique Truth

Chapter 4: Authentic Communication
(Constructive Conversations)

Chapter 5: Authentic Connection
(In Nature's Image)

Chapter 6: Authentic Presence
(Personal Responsibility)

Part III

Conclusion

Chapter 7: An Invitation to Possibility
(Life is Practice)