



KERRY PASTINE

Kerry Pastine is an artist, author, musician, and life guide who helps people quiet the noise, face their fears, and reclaim their power.

With over 25 years of coaching experience, her journey proves bold reinvention is possible at any stage of life. She has fronted rock bands, exhibited art internationally, survived narcissistic abuse, navigated immigration to Portugal, and battled chronic illness, all while staying true to herself and never losing her rock and roll spirit.

Kerry returned to coaching in 2025 because the world is undergoing a seismic shift: AI disruption, the loneliness epidemic, the erosion of women's rights. She has lived the work. Her credibility is personal and earned. She invites you to turn pain into wisdom, resistance into growth, and live unapologetically on your own terms.

Kerry's 2026 guided book/journal **Take Back Your Self** walks readers through six transformative chapters: Discover, Understand, Accept, Nurture, Be, and Design. Each chapter combines Kerry's own hard-won wisdom with guided journaling prompts that help you face what you're struggling with, trace patterns back to their roots, and build a life that reflects who you actually are.

Speaking & Interview Topics

- Reclaiming identity after loss, divorce, or upheaval
- Journaling as a tool for radical self-knowledge
- Surviving narcissistic abuse and rebuilding
- The art of bold reinvention at midlife and beyond
- Women's empowerment in an age of erosion
- Living abroad as an act of courage: the expat path
- Creativity as a lifeline: music, art, and healing
- Overcoming chronic illness and fear
- Designing your life instead of enduring it
- AI, loneliness, and why self-knowledge matters now

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