



# Shaman, Coach and Author Jennifer Monahan Paves the Path to Living a Courageously Authentic Life

HOLBROOK, NY, UNITED STATES, April 10, 2018 /EINPresswire.com/ -- Find your courage and find your destiny! Jennifer B. Monahan, Shaman, Coach and Author, supports, guides and empowers her listeners like no other on [Living a Courageously Authentic Life](#), a weekly radio broadcast on Wednesdays at 2 PM Eastern with [Bold Brave Media](#). Join her each week as she discusses key aspects of living courageously, provides guidance on how to overcome fears that might hold you back, and shares examples of what she and other people have done on their journey to finding (and living!) their true destiny. Jennifer's unique experiences, open heart and courageous soul have led her on an adventure to self-fulfillment, and she is passionate about helping others do the same.

Through her own personal experiences, Jennifer has discovered the power courage has to transform and revitalize our lives and has identified six things we all must do in order to live authentically and with purpose. Citing her personal motto, "Courage is the doorway to your dreams. Open the door and live the life that is waiting for you," Jennifer not only challenges her clients to face their fears with courage but supports and guides them every step of the way.

Jennifer's own courageously authentic life began unexpectedly on an impromptu trip to Yucatan, Mexico where she met a Mayan shaman. After conducting a four-hour shamanic healing on her and meeting with her throughout her stay, he made a shocking prediction: that she too would become a shaman. Her heart opened by this experience, Jennifer embarked on a life-transforming journey that re-directed her focus, shifted her priorities and awakened her inner strength and courage. Fulfilling the shaman's prophesy, Jennifer now publicly shares her remarkable transformation and what she has learned on her radio show in hopes that her message will help others.

Jennifer is a business strategy consultant turned shaman and coach who helps people all over the world live courageous lives through one-on-one consultations, an online course, retreats, the radio show, and her books. Her first book, [This Trip Will Change Your Life: A Shaman's Story of Spirit Evolution](#) (She Writes Press, 2016), has won six literary awards, including winner in two categories of the International Excellence Body, Mind, Spirit Book Awards and winner in the 2017 National Indie Excellence Award. She completed her second book, *WHERE TO?*, while traveling around the world in 2017. Due out in late 2018/early 2019, the book shares her adventures while living in a thatch-roofed hut in the Guatemalan jungle, and her time in Japan, Cambodia and Thailand as she navigates the reader on the six steps she has identified to live courageously.

To learn more about Jennifer and the services she provides, please visit: <https://spiritevolution.co>

...or connect with her via email or on the following social media outlets:

Facebook: <https://www.facebook.com/SpiritEvol>

Twitter: @SpiritEvol

LinkedIn: <https://www.linkedin.com/in/jennifermonahan1>

Tune in to Living a Courageously Authentic Life on Bold Brave Media each Wednesday from 2:00-3:00

PM Eastern by visiting this link: <http://boldbravemedia.com/> and hear Jennifer draw from her experience as a shaman, coach and author as she guides her listeners toward a true and courageous life!

Have a question or wish to share something about your own journey? Call in during the show!  
1-866-451-1451.

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