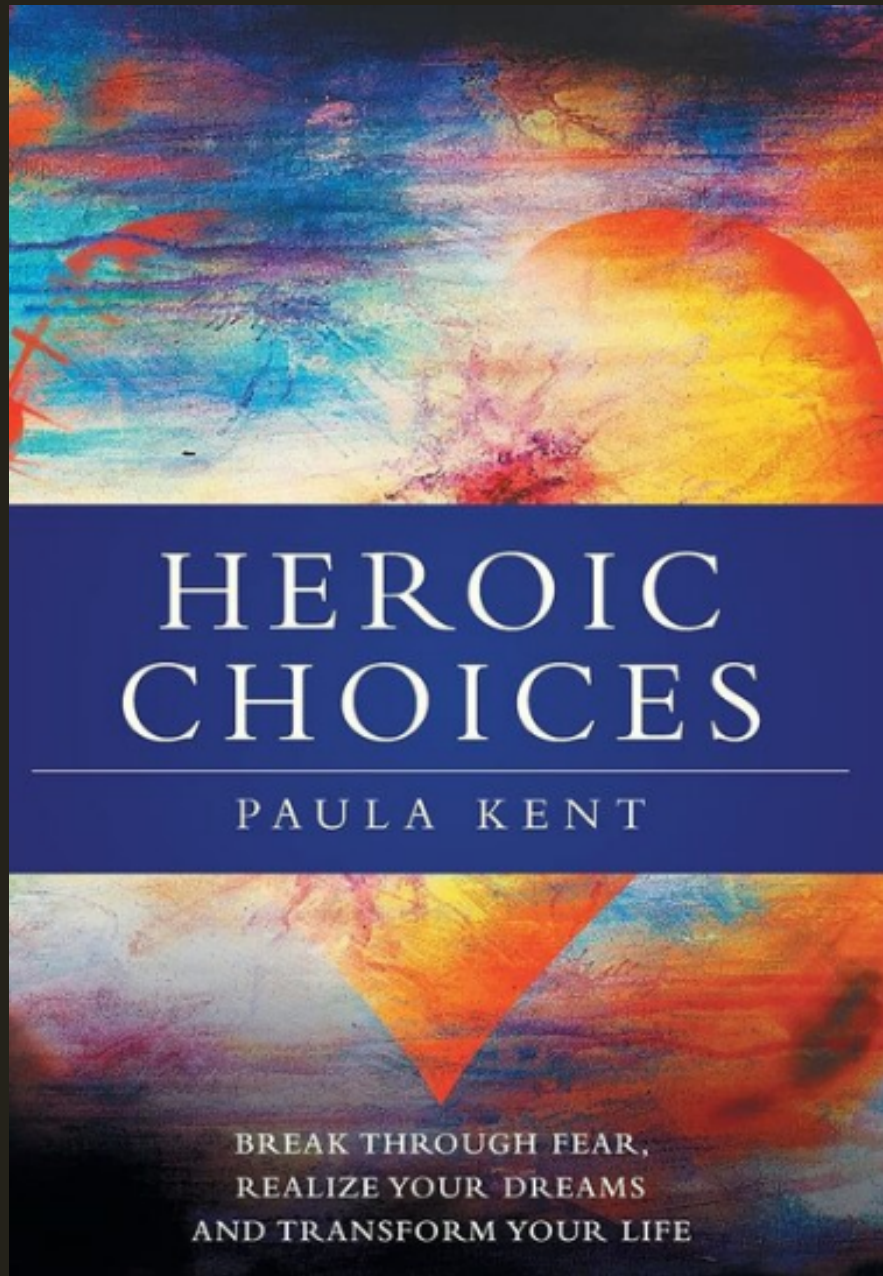


PAULA KENT- AUTHOR
WWW.PAULAKENT.COM



2021 Media Kit

AUTHOR RESEARCHER WRITER BLOGGER

Bio

Paula Kent is a researcher, writer, and lifelong learner, fueled by endless curiosity. At the age of fifty-three, Paula discovered her passion for research and writing after leaving the relatively conventional career in retail banking and leapt blindly into the world of academia. Her educational experience sparked her desire to breathe life into abstract academic theories. Moreover, her curiosity about storytelling, travel and transformational events enriching and influencing our lives inspired her to study further.

Paula began writing in earnest in 2018, inspired by other academics' reflective writings. Through her reflection upon her experiences, Paula utilized writing as her conduit to construct meaning and grow in confidence in her ability to share her message through the written word.



In 2019 she submitted her Graduate Research Project to complete her degree. Her research conceptualized the literary tourist's construction of meaning. Paula employed creative research methods, allowing participants to draw and verbalize their moments of immersion in academic tourism. Her research was nominated for the 2020 Governor General Gold Medal award.

Paula is continuing her writing and research journey, seeking to understand the impact that ageism holds on women.

About Heroic Choices

Do you ever find yourself wishing for a magic wand that you could wave to transform your life? Do you yearn for personal growth but find your demons always keep you from taking the first step? Personal change is possible for anyone who dares to embark on the journey toward their dreams. Join Paula Kent as she guides you on your journey toward self-transformation. Kent draws on an eclectic variety of sources to develop a unique theory of personal growth and breathes life into overly dry, academic theories. Taking inspiration from Joseph Campbell's 'Hero's Journey' and Jack Mezirow's theory of transformative learning. Paula reflects on her own encounter with personal upheaval as well as those of other women.

Heroic Choice is the essential navigational tool needed to guide you forward as you face down the long, winding path of personal growth. Regardless of your age or circumstance, you hold power to alter your trajectory, and Paula can show you how to take the first step.

Interview/ Book Club Questions

Personal Growth Questions

a) Personal Growth is a continuous cycle, starting and ending in the same stage - The Here and Now. Share your thoughts on why you emphasize this process.

b) How is reflection different from remembering?

c) What does it mean "we fear to lose ourselves"?

-d) Ageism is that a saboteur for you?

-e) You link stories and myths to personal growth; why?

Mono-Myth - Joseph Campbell

a) Joseph Campbell's theory of the Mono-myth - or the Hero's Journey frames your own assertion of the cycle of transformation. How did you connect them at first?

b) You quote Campbell's assertion that each person has a unique path to follow, can you expand upon this?

c) You introduce stories, myths and fairy tales in each chapter, fictional tales into a non-fiction book, why is that ?

d) You describe the last stage of the cycle of transformation as "obtaining the treasure we sought" and of "forging armour and weapons"- what do you mean by these?

e) What does it mean "we fear to lose ourselves" ?

f) What stage do you believe you are in right now?

Read more about the Cycle of Transformation & Heroic Choices
click on the link:

<https://paulakent.com/sample-chapter/>

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Available through: Ingram / Indigo.ca / Amazon.ca /
Amazon.com / FriesenPress Bookstore

You can see, hear and read Paula's most recent interviews
regarding her experiences and learn more about the book at:

Diane Rolston Podcast:

<https://www.youtube.com/watch?v=i5IA0wVqb2Q>

Author Nation:

<https://www.youtube.com/watch?v=uilcmLt0Gs0>

Mike Van Pelt:

<https://www.youtube.com/watch?v=Nlsludrd8y0>

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