



# Awakening To Me: One Woman's Journey to Self-Love

*Kerri Hummingbird Lawnsby*

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*Awakening To Me* is the Memoir Category Winner in 2014 The Indie Spiritual Book Awards competition and Self-Help Category Winner in the 2015 Pinnacle Book Achievement Awards. It is a story of personal metamorphosis, written over the course of several years in real time as life unfolded and lessons were learned. It is a work of naked truth about Kerri Hummingbird Lawnsby's struggles with borderline personality disorder, recovering from divorce after a 20 year marriage, and seeking love from outside herself. The story documents how alternative healing methods (shamanic energy medicine and reiki) and mindfulness practices (Yoga and Toltec wisdom) led to an amazing transformation that arguably negates the former psychological diagnosis. Kerri shares her story so that others may witness that with dedication, faith, and a willingness to shine a light into the shadows, challenges can be overcome and lasting inner peace and self-love can be cultivated. Let Kerri's story and her heartfelt recommendations for self-help inspire you to begin your own journey of healing.

*"Kerri's raw courage and vulnerable transparency blaze a trail for any woman on a healing journey. Awakening to Me is a magnificent book that takes us behind the scenes of transformation, and shows how even the most difficult situations can be the fodder for finding oneself. Let Kerri's book guide you to find your independence and self-love."*

— HeatherAsh Amara, author of *The Toltec Path of Transformation and Warrior Goddess Training*

*"In Awakening To Me, Kerri shares her intimate and difficult personal and spiritual journey to identify and express her authentic being into the world. Her story is engaging, sometimes disturbing, yet with a clear underlying thread of compassion for herself and others also engaged in their own struggle with borderline personality disorder. In her words, she seeks to give voice to those who have no voice. Her life voyage takes her through light and darkness, to amazing heights and agonizing lows. In her world travels she meets with some of the teachers who have helped shape the views of spiritual development for a generation. Each has something to share with her that may shed light upon your own path, as well. It has been my pleasure and honor to walk with Kerri through some of her journey. I heartily recommend this book to you as a tool for your own amazing self-exploration. Among these pages you will find a courageous and dedicated explorer of life and spirit."*

— Gerry Starnes, M.Ed, author of *Spirit Paths: The Quest for Authenticity*

Book Trailer on YouTube channel for Kerri Hummingbird

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