

# KURTKOONTZ

AUTHOR//SPEAKER//ADVENTURER

A WORLD OF INSPIRATION

Kurt Koontz is an author, speaker and adventure enthusiast whose many adventures—hiking through the Himalayas, trekking 500 miles across Spain, and bicycling around Europe and across Canada—have given him the insight to push boundaries and approach life from a different perspective.

Kurt presents across the U.S. and inspires audiences to

- **Think outside of the box**
- **Maximize the potential of today**
- **Break free of the routines that limit potential**
- **Eliminate worry for the future**
- **Align with events that are beyond control**
- **Break down the psychological barriers that hinder progress**
- **Create a sense of adventure in everyday life**
- **Journey beyond perceived limitations**

Kurt takes the audience through his personal history of addiction, recovery, and love. With humor and beautiful imagery, Kurt gives listeners vivid descriptions of his travels and entertains with stories of the power of building relationships with other pilgrims from around the world.

Kurt's comfortable and friendly presentation style leaves his audiences engaged, inspired and ready to take action.

[WATCH KURT'S PROMO VIDEO](#)



# KURTKOONTZ

AUTHOR//SPEAKER//ADVENTURER

## PRAISE

### SPEAKING

"Kurt Koontz is a very engaging storyteller, with impeccable timing. His presentation recounting the adventure of *A Million Steps* includes a gamut of emotions and a wealth of information. Koontz's words are both personal and universal; his delivery impeccable."

—Andria Friesen, Sun Valley Wellness Festival Board Member

"Insightful and entertaining: in short, Koontz embodies a reborn Chaucer's *Every Man* revisiting an ever-changing and paradoxically unchanged planet."

—Jose Aponte, Executive Director San Diego County Library

"The crowd was engrossed. Many wanted more!"

—Bob Barr, Emeritus Guild of Boise State University

### BOOK

"If you are in need of a mega-does of inspiration, read *A Million Steps* by Kurt Koontz. Kurt will not only take you on a day-by-day walk along the amazing Camino de Santiago, he will also take you on a deeper look into yourself. If you are one of those people who desire to maximize life potential and purpose, you'll be inspired by this empowering and life-affirming book. And who knows?

**You may even find yourself motivated enough to take a 490-mile stroll through Spain."**

—Shawn Anderson, six-time motivational author and Founder of Extra Mile America

# KURTKOONTZ

AUTHOR//SPEAKER//ADVENTURER

## BIO



After retiring early from his job as a successful sales executive for a Fortune 500 technology company, Kurt Koontz volunteered in his community and traveled across Europe and North America. He never considered writing a book until he walked nearly 500 miles across Spain in 2012. Those million steps were so compelling that he returned home and began writing and speaking about his life-changing adventures. He lives and writes on a tree-lined creek in Boise, Idaho.

[www.kurtkoontz.com](http://www.kurtkoontz.com)

Kurt Koontz is available for select lectures and presentations. To inquire about an appearance, please contact him at [k@kurtkoontz.com](mailto:k@kurtkoontz.com).



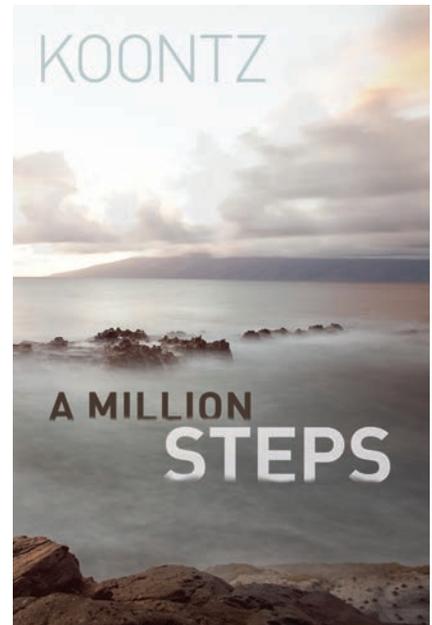
WWW.KURTKOONTZ.COM (208) 345-6421

# KURTKOONTZ

AUTHOR//SPEAKER//ADVENTURER

BOOK

**Kurt Koontz thought he was well prepared** for his 490-mile walking trip on the historic Camino de Santiago pilgrimage route in Spain. He was fit and strong. He had a good guidebook and all the right equipment. His pilgrim passport would grant him access to the shelter of hostels along the way. But all that, however helpful, did not begin to encompass the grandeur of his external or internal adventure. *A Million Steps* climbs over the high meadows of the Pyrenees, quests through the unceasing wind of the Meseta, and dances in the rains of Galicia. While following the yellow arrows that mark the route, Koontz also navigates through his personal history of addiction, recovery, and love.



With outgoing humor and friendliness, he embraces the beauty of the countryside and joyful connections to other pilgrims from around the world. Part diary, part travelogue, *A Million Steps* is a journey within a journey all the way to the Cathedral de Santiago de Compostela and beyond.

