

WRESTLING THE BEAR

About the Author

Clint Loftin



Clint Loftin is a former teacher, coach, and mentor. After 16 years in education he made the decision to leave that profession and pursue a career as an entrepreneur and small business owner, a line of work for which he had no formal training. He now operates Heart To Home, a successful blue-collar business in Asheville, North Carolina.

The decision to leave teaching and open a small business was guided by an intense exploration of his inner life. In *Wrestling The Bear* he shares this journey. It is about more than a career change, though. It is about taking a completely different approach to life, one that changes the way we experience the world.

Clint lives with his wife, Heather, and their three children Claire, Lydia, and Luke in Asheville, North Carolina.

Education

BA - University of Georgia

MA - University of Maine

Study Abroad- Oxford University

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