



Kenny G. Down

Author Media Deck



Seeking Literary Agent

Kenny G. Down; Bio

- Kenny G. Down lives in Seattle, Washington USA with his wife of over twenty-years, Shannon. He is a man that genuinely understands what it means to wake up the Sleeping Spirit and allow the Awakened Giant to appear. Kenny's Website "New Thought Life" (<https://newthoughtlife.org/>) is his authors page and where he posts content for those seeking a higher consciousness.
- Awakened Giant Sleeping Sprit is his first full length book
- Darko "The Sacred Heart of One Johanee Darko" will be published this summer as his second full length book



Awakened Giant Sleeping Spirit

- Happy to send copies of the book out.

- Contact Information

206-972-4185

Kenny@newthoughtlife.org



Available at Amazon

- Book can be purchased at Amazon

<https://www.amazon.com/Awakened-Giant-Sleeping-Spirit-Thinking/dp/1795360674>

- Reviews at Amazon

<https://www.amazon.com/Awakened-Giant-Sleeping-Spirit-Thinking/dp/1795360674#customerReviews>



Awakened Giant, Sleeping Spirit” Book description

- Kenny G. Down’s debut novel, while fictional, is penned from personal experience. It centers on the unlikely friendship of Stanley Pearson, a drug addict, and Gary Goldpeople, an eccentric and friendly city bus driver. Heartfelt and beautiful, it’s a startlingly painful exploration of the peaks and valleys of addiction — and one man’s journey from desperation to higher consciousness.



Kenny Down, Author of Awakened Giant, Sleeping Spirit, A fictional account drawn on personal experiences of redemption and transformation

Much of the story in Kenny G. Down's debut novel, *Awakened Giant, Sleeping Spirit*, is ripped from the headlines of his own life. For years Down struggled with his own addictions – to alcohol and drugs – even as he built a successful career in the fishing industry, eventually becoming the President and CEO of a major Northwest seafood company. His experience being homeless by choice – first as a troubled teenager and again by circumstance in the final days of his addiction – underpin the characters, all of whom Down has been in one way or another.

Neither memoir nor tell-all, this book is intended as a spiritual novel, with lessons for everyone – not just alcoholics and addicts – in every chapter.

The story centers on an unlikely friendship between Stanley Pearson, a homeless drug addict, and Gary Goldpeople, an eccentric yet affable city bus driver. While fictional, Down deliberately put himself and his life into the story. "I put myself into every character in the book and I invite the reader to do the same, regardless of their background," says Down.

The former CEO left his position in the corporate world in 2018 and can now focus on his writing and spiritual work. Down is a well-known figure in the sustainable seafood business world where he has helped to set national ocean and fisheries policy and for which he still consults. Through his novel, he is revealing another part of his life.

His life started out as turbulent as the Alaska fisheries. Down grew up, the son of an alcoholic mother and an alcoholic step-father. He discovered alcohol and drugs at an early age and soon found himself on the wrong side of the law. He was in and out of jail even before high school.

At 17, his grandfather sent him to Alaska to learn to fish. By 23 he was among the youngest licensed chief engineers. But fishing boats were rife with alcohol and drugs. “It was like the wild-wild west back then,” Down recalls. There were no Coast Guard drug tests. “Our mantra was, ‘play hard while you work.’” On the boats, his addiction only deepened.

The heavy-drinking fishermen were concerned by Down’s ability to imbibe. “There was something about the intensity of my drinking that bothered them,” he remembers. In those days, Down drank as much as he could as fast as he could. “I drank with an urgency – there was an emergency to get as much in as quickly as possible,” he says.

He was eventually unable to work and after several failed attempts at alcoholic treatment he returned to Seattle where he couldn’t get or hold a job. Down remembers the downward spiral where the camaraderie of social drinking turned to an isolated solitary pursuit for the next drink or drug. In those years, he used only to try to quench his obsession for more.

It wasn’t until he found himself camped out in a cardboard lean-to behind a McDonald’s that he finally hit bottom. From there, his story changed, and he rebuilt his life and career, over the next thirty years. Some of that journey is contained in *Awakened Giant, Sleeping Spirit*

Kenny Down is a lifelong Seattleite and local author. He lives in Seattle with his wife Shannon and their two dogs. He is the father of two grown children. Down often posts new material at New Thought Life (<http://newthoughtlife.org/>) where he creates content for those seeking a higher consciousness through the practice of spiritual principles.

He is a man that genuinely understands what it means to wake up the Sleeping Spirit and allow the Awakened Giant to appear.



Author's personal reach capabilities via social media

- Author Kenny Down has recently entered the world of social media with the publication of his first book Awakened Giant Sleeping Sprit.
<https://www.amazon.com/Awakened-Giant-Sleeping-Spirit-Thinking/dp/1795360674> Showing more than 30 verified reviews of the book, all 5 star.
- <https://www.facebook.com/kenny.down.1044> Personal Facebook with over 3500 friends
- <https://www.facebook.com/newthoughtlife/>
- New Thought Life Facebook page with over 800 followers.



Additional reach via social media

- <https://newthoughtlife.org/>
- New Thought Life's website content includes VLOGS, BLOGS and short story written word pieces including poetry all by the author.
- <https://twitter.com/newthoughtlife>
- Authors Twitter Account.
- [https://www.instagram.com/new_thought life/](https://www.instagram.com/new_thought_life/)
- Authors Instagram Account

What Others are Saying

- “I really enjoyed reading Awakened Giant Sleeping Spirit. The story is a cool spiritual journey. The journey of discovery, and Stanley’s meeting a mysterious Bus driver named Gary.
- There are struggles, tragedy, comedy and redemption. I felt moved by Stanley’s journey of spiritual growth and how he gets there. I also felt a deep affection for Gary the bus driver who is much more.
- Two of my favorite quotes are “ Spirituality should be inclusive never exclusive .”, and “When we all think of one positive thought, any problem can be solved” Both important and useful concepts that are needed now more than ever.
- Thanks Kenny for the great story and positivity you give!”

Mike McCready

Pearl Jam

Lead guitarist and founding member

“Awakened giant sleeping spirit takes a difficult topic and puts it into a very thoughtful and readable narrative which allows one to painlessly absorb some very important truths. It is especially relevant in this time of crisis.”

Ron Sher

Creator and Owner, Third Place Books

“After I read this book I was inspired to help other people and learned how. I could through love and caring, not pampering or enabling.”

Ralph Bruksos

Lecturer, Management Consultant, Trainer
Author of “Turning Change into a Payday”
and other books.

“Kenny Down has written a wonderful treatise and meditation on life and practical daily tools for use in overcoming and moving forward with positivity and clear eyes.”

Duff McKagan

Guns and Roses

Founding Member and Bassist

"Reading Awakened Giant, Sleeping Spirit is a compelling story that gives the reader an inside look at what it takes to survive on the streets and even more important-what it takes to escape. For the past 40+ years I have I worked on the "front lines" serving young people experiencing homelessness. Kenny does a great job through "Stanley" giving the reader a true sense of the traumatic impact of homelessness, addiction and mental illness on young people surviving on our streets. But more importantly Awakened Giant, Sleeping Spirit shines light and hope by reminding us of the power of positive relationships. Programs don't change lives, systems don't change lives relationships change lives and Kenny Downs and his book exemplify that as early as Chapter three: Walk towards the light "

Jim Theofelis

"Jimmy T"

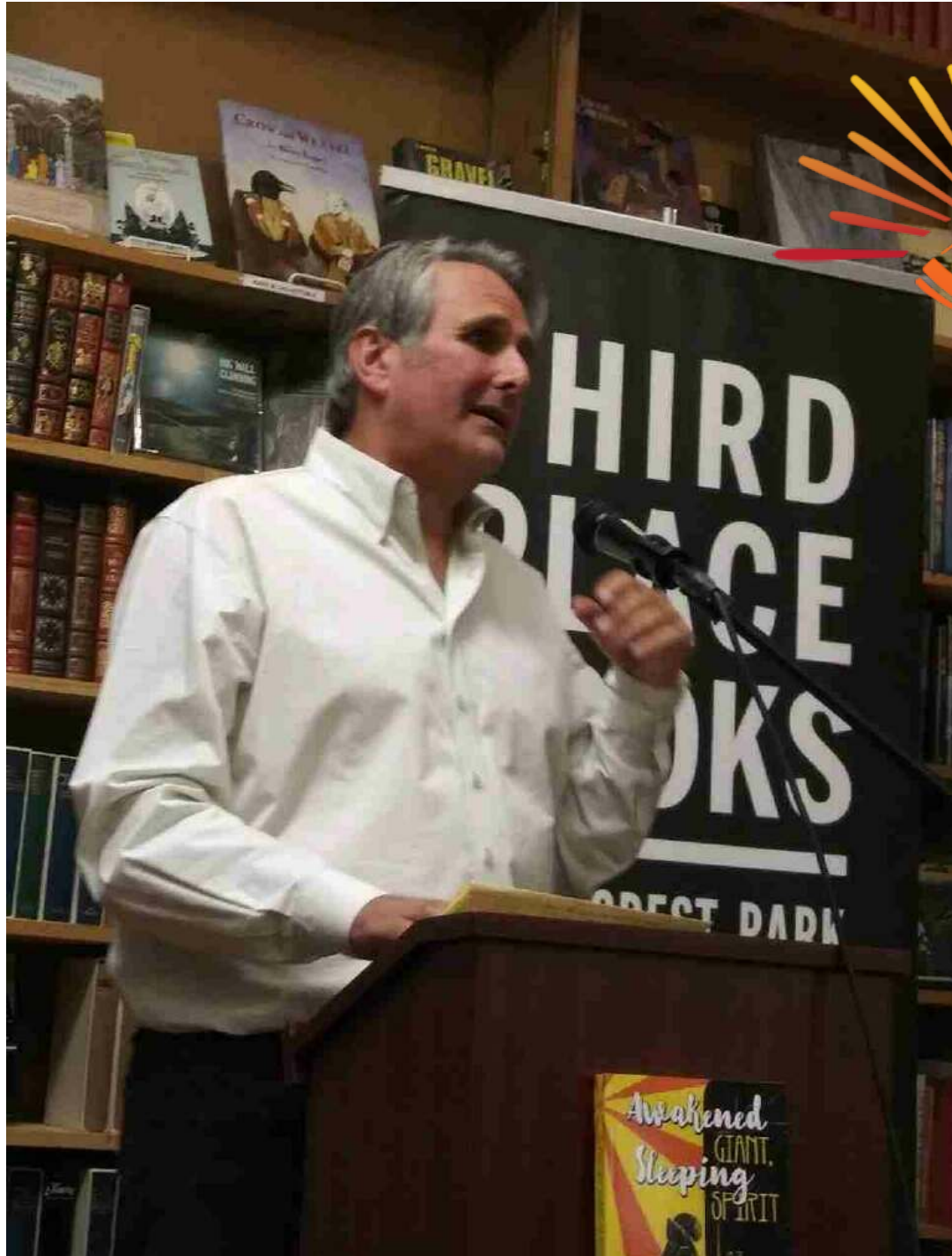
Executive Director

A way Home Washington



Other Great
Reviews!
Amazon
Verified.

- <https://www.amazon.com/Awakened-Giant-Sleeping-Spirit-Thinking/dp/1795360674#customerReviews>



New Thought Life

<https://newthoughtlife.org/>



- Publication of Kenny's newest Novel is coming Summer 2020!

Darko

"The Sacred Heart of one Johanee Darko"



A Sacred Hearted novel

by Kenny G. Down

Meet the Sacred Hearted Johanee Darko and experience the Coming Together Time!

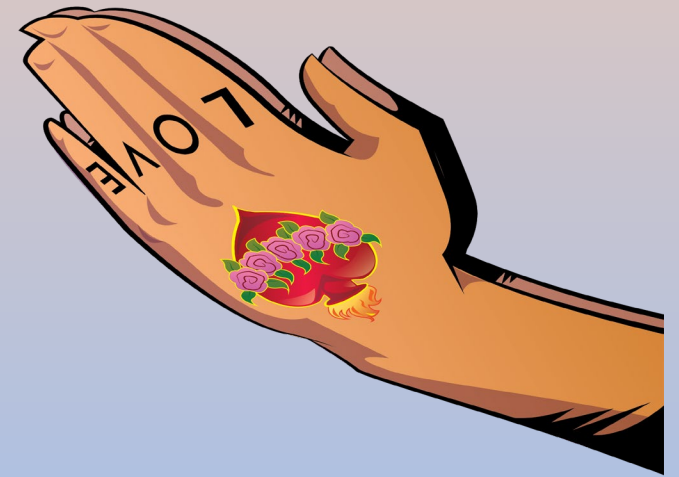
- Fall in Love with Johanee Darko, an abandoned, abused, and lost child in the Desire area of New Orleans. The world needed young Johanee Darko, she would come to save the lost souls of the world; the ninety-seven percent that were walking around asleep, dreaming they were awake. The Saints needed her, Buddha needed her, the Chiefs of All tribes from All Times needed her, Christ needed her, Mohamed needed her, Moses and Abraham needed her, Mary Mother of God needed her. Most of all the People of the World needed her.
- Johanee Darko heard the Voices for the first time at seven-years-old, the Ascended Masters, the Saints, the Chiefs, the Sages from all times. She is called to action by The Arch Angel Michael, Saints, Ancient Chiefs, and Ascended Masters to becomes the Princess of Peace, The Mother of All, The Queen of Compassion, and the Voice for Humanity.
- Johanee Darko leads the Sacred Hearted Movement to a following of millions and towards The Coming Together Time. As a teenage girl who was born into poverty and abuse she emerges as the Savior of the World.

The book will be ready for editing by summer and launched ahead of the 2020 political US elections.

- The story of young Johannee Darko of New Orleans Louisiana. A young woman abused and neglected who is visited by saints, mystics, aboriginal elders and religious figures. She hears “the voices” calling her to lead a revolution of the Coming Together Time. Both spiritual and political the fictional work is a commentary on current world-wide dilemmas and a Leader that begins at nine years old to lead a wholesale revolution.
- This is in the realm of a modern-day Joan of Ark; for today's time, for today's problems. She becomes one who leads a worldwide bottom-up movement “The Coming Together Time”.
- A draft manuscript is now available to interested / serious literary agents.

Darko

“The Sacred Heart of one Johannee Darko”



The Care and Keeping of A Shan is now on Amazon. A booklet on caring and keeping a relationship.

This fun and whimsical look at "Lessons for the Care and Keeping of a Marriage" is author Kenny Down's instruction manual for The care and keeping of his wife Shannon D. Down. It's one thing to get married; it's a whole other thing to KEEP a marriage or relationship. Getting into a relationship is one thing; staying together is where The Care and Keeping of A Shan is focused. The main purpose of the book is to encourage the reader to find those small simple things that will continue to nurture and grow a relationship. Readers are encouraged to write their own instruction manuals to Keep their "Shan" or their "Dan the Man". The book is filled with antidotes and examples of ways to show a partner how much they are appreciated and loved. Simple yet highly effective, there are lessons in each and every chapter. An easy read that leave the reader with deep and effective meaningful ways in which to keep their relationship fresh and fun!

The Care and Keeping of A Shan



"He's such a gentleman!"

On Amazon

Click Here: [The Care and Keeping of A Shan](#)

This book is an instruction manual for "The Care and Keeping of a Shan," but could have easily been titled "Lessons I learned in the Care and Keeping of a Marriage." These fun and whimsical chapters are really dealing with the serious and worthwhile topic of Love. The ancient Greeks had three words for Love: Eros, Philia and Agape.

The first was Eros, the Love of intimacy, closeness and magnetic attraction. The sensual desire and longing I have for The Shan—this is Eros. The second was Philia, this is dispassionate Love, friendship and the feeling we have for a friend. The excitement we have just to spend time with someone to see him or her and "hang-out." The Shan is my very best friend, we love every minute we have together—this is Philia. The third was Agape, this is the spiritual connection. The "soul-mate," Agape is God's Love. This is the Love that passes all understanding. God Loves The Shan through me. God Loves me through my wife. With Agape all past is forgotten, all is always forgiven, and every shortcoming or defect of character is easily dismissed. I see The Shan as God sees her—this is Agape.

"The Care and Keeping of a Shan" is about experiencing Love, times three. And having a heck of a lot of fun in the process.

The Care and Keeping of a Shan



Lessons I Learned in the Care and Keeping of a Marriage

KENNY G. DOWN



Thank you! Let's work together to bring change to this troubled world.