

# GLENN PROCTOR

Author | Certified Life Coach | Mental Wellness Advocate

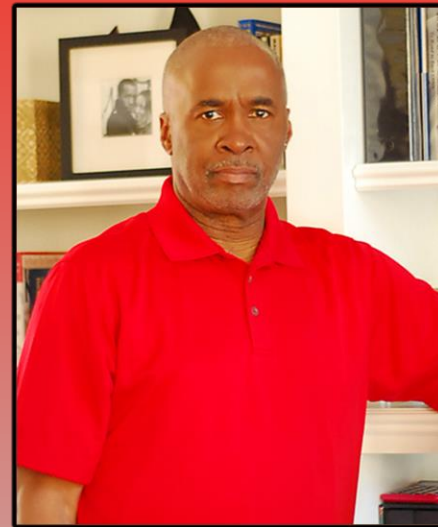
MOTIVATION IS THE MISSION. RESILIENCE IS THE STORY. POETRY IS THE VOICE.

Glenn Proctor is the founder of *REDDjobb*, a communications and training firm in Charlotte, North Carolina. His team provides leadership coaching, career development, creative writing instruction, and manuscript development and editing assistance. Glenn is also a motivational speaker who spreads messages of motivation, accountability, and resilience.

As a mental wellness advocate, Glenn is passionate about increasing awareness and ending the stigma of mental health. Glenn's grandfather's suicide deeply impacted his life which inspired him to partner with people with lived experience to leverage his voice for suicide prevention.

Born and raised in Philadelphia, PA, Glenn has built an acclaimed 40-year career as a journalist and editor for eight national publications and a journalism professor and lecturer at several universities in the U.S. He is a two-time Pulitzer Prize winner and five-time Pulitzer Prize judge, among other awards for excellence in journalism.

The proud Marine Corps Gunnery Sergeant and Vietnam Veteran has written five books, ranging from inspired thoughts, evocative poetry to fun messages. His works illustrate his battles of alcoholism and cancer and raise thought-provoking questions about relationships.



## BOOK INFO:

*Kicking Bottles, News & Dust* by Glenn Proctor

**Formats:** Paperback

**Genre:** Personal Transformation Self-Help, Poetry, Parenting & Relationships

**ISBN#:** 978-1478729440 | **Publication Date:** May 7, 2014 | **Page Count:** 62

**Book Sellers:** Amazon, Park Rood Books (Charlotte, NC)

### DESCRIPTION

This work - and the two books of the trilogy to follow - is how I write and understand poetry. It represents so many life experiences - success, pride, danger, addiction, love, competition, truth, failure, laughter, disappointment, fun, mystery, hope and the death of so many relatives, friends, and Marine and journalism colleagues. Through it all, the Good Brother upstairs was always with me no matter how out of control or successful my life has been. This is my story.

## REVIEWS:

*"Proctor's piercing poetry celebrates life – from the loneliness of foster care to Vietnam, the newsroom and the executive suite. He tackles race, class, politics, family, war, addiction, and love with levity and wisdom."*

*Roberta Oster, Emmy award-winning journalist, Oster Communications president*

*"Almost every poem resonated. They touch memories and experiences of my entire life and I expect a lot of people like me."*

*The late Oliver Singleton, former president of the Metropolitan Business League of Virginia*



glenn@reddjobb.com



reddjobb.com