

Authors Bio

Rick Pruett a multi cultural chameleon inherited his thirst for adventure from his mother a talented thespian and fellow scribe. He began writing poetry as a child and transitioned to writing lyrics for musical arrangements.

As a young man he pursued his gift of athleticism, becoming a boxing champion, nationally ranked giant slalom skier and track and field star.

During the mid eighties Rick attended college in Hawaii and worked as a beach boy, party starter and public relations representative for numerous businesses and night clubs in Waikiki.

He surfed everyday and on occasion at night, “The lifestyle appealed to me it was a dream come true an adventure that impacted my life in a major way.

After college Rick traveled around the world surfing, exploring different cultures and honing his musical skills. He worked as a model, musician, on camera talent and developed a love for sports medicine and holistic health.

His world travels have allowed him to develop a unique artistic palette which he uses as inspiration to create his work.

Rick continues to pursue his writing endeavors and offers his services as a track and field/fitness coach and pain management specialist. He is certified by USA Track and Field and is a 6 time USATF Masters All American in the long jump.