

Kevin E. Eastman

Media and Press Information



Biography



Contact Information



www.kevineeastman.com



www.facebook.com/authorkevineeastman



<https://bsky.app/profile/eastke1.bsky.social>



www.instagram.com/eastke1



www.amazon.com/author/kevineeastman



[https://www.goodreads.com/author/show/17610105.Kevin E Eastman](https://www.goodreads.com/author/show/17610105.Kevin_E_Eastman)

Oakland, California native Kevin Eastman thrives on simplicity and logic. A skilled speaker, mentor, business management consultant, and community activist with a “tell it like it is” mentality, he “shoots from the hip” when assisting people with personal, and professional development. He’s made it his personal mission to help as many people and businesses as he can with overcoming the obstacles they face, no matter how minor (or major) they may be.

His most recently planned writing project is a fictional story. With an already published nonfiction project, he made the leap and became a multi-genre author.

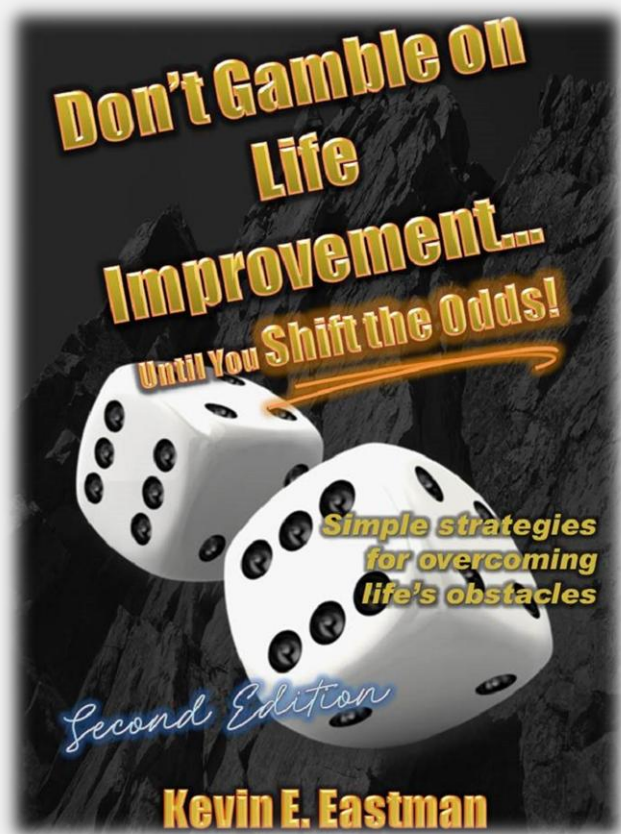
Kevin served on active duty for more than 20 years in the U.S. Air Force, at locations throughout the world. This included stints as a military training instructor (commonly known as a "drill instructor"), and over a decade as a recruiter, at the high school, college, and post-graduate levels.

Kevin has earned undergraduate degrees from the Community College of the Air Force, and Columbia Southern University, respectively. He has also earned a graduate degree from Azusa Pacific University. Additionally, he holds certifications in marketing, professional selling skills, sales coaching, and life coaching.

Married and residing in Southern California, Kevin enjoys being involved with various community development and improvement efforts, as a certified life member of Alpha Phi Alpha Fraternity, sports, working out, traveling, listening to music, watching movies, writing, reading, cooking, meeting people, and spending time with family and friends.

Featured Book

Don't Gamble on Life Improvement... Until You Shift the Odds! (Second Edition)



Author Kevin E. Eastman delivers the second edition of his clever combination of years of personal experience, logic, humor, and observation, and reveals surprising truths about topics such as: relationships, peer pressure, the comfort zone, perception – illustrating how they (and others) may be making life unnecessarily complicated. Real scenarios identify many of these “obstacles,” and provide an effective formula for overcoming them that’s simpler than many people realize. There is value in this book for every reader. It’s fun and easy-to-read, but most importantly, informative and 100% real!

Read this journey to a life transformation, and learn the easy way, a life lesson Kevin had to learn the hard way: To improve your life, sometimes you only need to adjust one thing. Other times... you need to adjust everything!

Publisher: Kevin E. Eastman

Cover Designer: Kevin E. Eastman

Print ISBN: 978-0-9985223-2-6

E-Book ISBN: 978-0-9985223-3-3

Amazon: <https://amzn.to/35R9sMS>

Draft 2 Digital (Barnes & Noble, Tolino):

<https://books2read.com/u/38EjMB>

Kobo:

<https://www.kobo.com/us/en/ebook/don-t-gamble-on-life-improvement-until-you-shift-the-odds-second-edition>

Apple Books:

<https://books.apple.com/us/book/dont-gamble-on-life-improvement-until-you-shift-odds/id1493535944?mt=11&ign-mpt=uo%3D4>

Also available through BookBub, Goodreads, and other book retailers

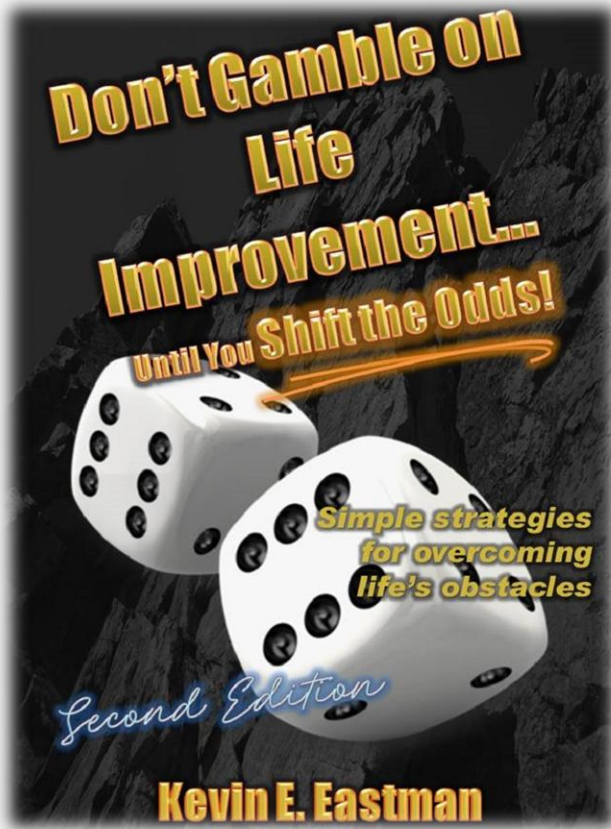
Who should read this book?

- Everyone... because everyone encounters obstacles in life. Some encounter more than others, but everyone faces them
- Anyone who’s wondered how and why obstacles keep blocking the path to success and happiness
- Anyone who serves as a mentor, teacher, or influencer in another person’s life

Read a free preview: www.kevineeastman.com/books

Featured Book – Continued

Don't Gamble on Life Improvement... Until You Shift the Odds! (Second Edition)



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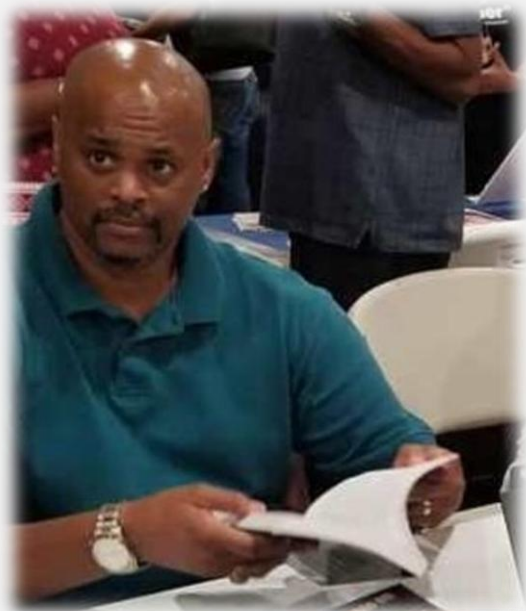
<https://books.apple.com/us/book/dont-gamble-on-life-improvement-until-you-shift-odds/id1493535944?mt=11&ign-mpt=uo%3D4>

Also available through BookBub, Goodreads, and other book retailers.

This book is unlike any “self-help” books you’ve heard about or read. Kevin describes his book as “self-development book disguised as a semi-memoir – real situations that have happened to real people.”

With the word “improvement” in its title, many people will expect this book to have a bunch of scientific explanations for the included topics. That’s *not* how it is written. While there’s nothing wrong with science, there are times when plain old common sense gets the job done just as, if not more effectively.

Topics such as relationships, the comfort zone, and your perception of your current circumstances are discussed in a practical way, so anyone who reads them can easily understand them. Kevin takes the reader on an inspirational journey of self-reflection and adjustment, based on over 25 years of experience as an Air Force drill instructor and a recruiter, interacting with thousands of people, both in and out of the military. He shows you what he discovered, to prevail over many of life’s most challenging obstacles. You may or may *not* need anything written in his book, but Kevin guarantees... you’ll know somebody who needs *something* written in it!



Featured Book Excerpt

Don't Gamble on Life Improvement... Until You Shift the Odds! (Second Edition)

The following excerpt is from chapter 4, "A Fear of Winning":

Everyone has a desire to win; not everyone is *prepared* to win. It isn't always easy to spot the light at the end of the tunnel, but it *is* there. Success is yours for the taking, but it's not going to be handed to you. It takes an enormous amount of courage to change the course of your life, in order to obtain success, but it *can* be done. You must be willing to go over, under, around, or even *through* any obstacle that happens to be blocking your path to it.

Think about this: everything you want to achieve in life is located just on the other side of fear, pride, and self-doubt! The things you need are the motivation, the methods, and the tools to get you over there.

A great start is removing the thought of being afraid to fail. You're *going* to fail at some tasks, so you might as well accept it. However, the possibility of failure should never deter you from pursuing a goal you want. Failure isn't the end of the line, until you *make* it the end of the line! Use failure as a teacher instead of a roadblock.

Stay focused on the goal, not the obstacle. If you fail but still want to achieve the goal, acknowledge the failure, assess what went wrong, restructure your plan, and attack it from another direction. The goal doesn't change, but your plan to achieve it can *always* change! I mentioned flexibility earlier. *This* is why you need to develop this important trait.

Once you learn to break the cycle of caving in to fear and replace it with faith and confidence in your ability, a new path will be revealed. Fear is much easier to overcome once you realize, you've possessed what was needed to conquer it *all along*! Seriously... it's been there the whole time!

Fear has handicapped you long enough. Stop allowing it to paralyze you. You're only going to continue talking yourself out of making well-deserved progress. You need to put your foot on fear's throat, and tell it to leave you alone while you work. You need to recognize and respect fear, but not *fear* fear. That was *not* a typo, either!

Reader reviews:

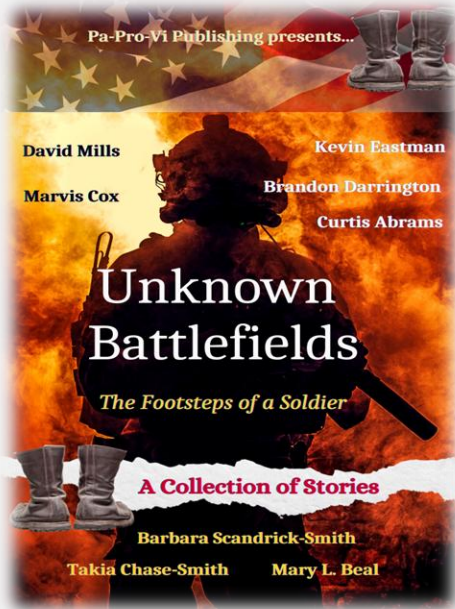
"... anyone can find a golden nugget with their name on it in this book. Whether you already have awareness of self or not - you will stumble across advice that will be useful."

"The author put a lot of thought into each of his explanations, and it is clear from reading his work that he truly wants his readers to win."

"... a well-written book can paint a vivid picture with words! This book does that, and much more! Great read!"

Other Published Works

Unknown Battlefields: The Footsteps of a Soldier



Publisher: Pa-Pro-Vi Publishing

ISBN: 978-1-959667-03-2

Amazon: https://www.amazon.com/Battlefields-Footsteps-Soldier-LaQuita-Parks/dp/1959667033/ref=sr_1_1?crid=1IXZEVFZAVYMC&dib=eyJ2IjojMSJ9.S07AexgOU6TxNy8YLq4HRvd8JD5B8Bvlja4IEYJz3D-eu-dvL_zCzPY33IzHEH4Vjmmf90C-ICjWeFATxnsIpw.iLYi4dXpFCRtqx-susSXI4leavRv0t8ammdS0ITH5eo&dib_tag=se&keywords=Unknown+Battlefields%3A+The+Footstep+of+a+Soldier&qid=1763328287&srefix=unknown+battlefields+the+footsteps+of+a+soldier%2Caps%2C268&sr=8-1

There are various reasons a person would choose to go into battle. The word “battle,” according to Webster Dictionary, is defined as a hostile encounter or engagement between opposing military forces, or participation in such hostile encounters or engagements.

Individuals choosing to join the military, do so with the understanding that they will be trained for “battle.” Some join to find a purpose or learn a skill, while others join as a sense of patriotic duty, or desire to serve their country. Regardless the reason, because of their choice, we’re able to enjoy the freedoms we hold so dearly.

This collection contains first-hand accounts of challenges the respective authors faced during their service to our country. They served in different eras (Vietnam, Desert Storm, Iraq, or Afghanistan), and whether they were a military spouse, or rendered dedicated service to the Department of Defense, these are their true stories, in their own words.

I’m a featured author in this anthology. If you’ve ever wondered about the *internal* battles service men & women fight regularly, this is the book for you! The incredible stories contained in this book are hard-hitting & straightforward. My piece may leave you stunned.

Excerpt:

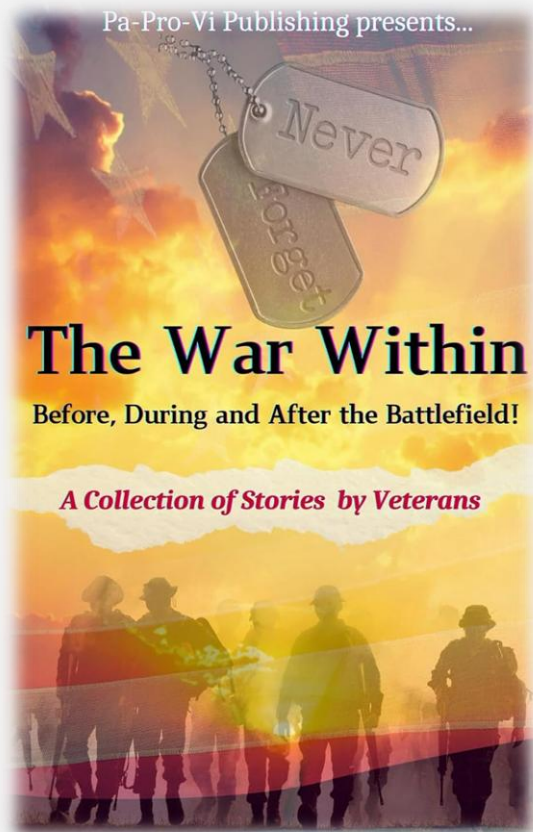
Fortunately, I managed to find some wonderful mentors during my career (of all ethnicities) that helped me put these battles, as frustrating as they were, into perspective. I realized that anyone had the potential to be fighting internal battles, and personal bias was one of those battles I had to fight. The thing that gave me comfort was a person’s personal bias had little to nothing to do with me. They had to look themselves in the mirror, following their actions.

Some of the battles have never been resolved, and personal bias isn’t limited to the Air Force. I’ve encountered it outside of the Air Force, as well. Fortunately, I now have a few more tools in the toolbox. To make the situation more bearable, I did then, and continue to respond as one of my mentors suggested: “Let your performance speak for itself, and never let the Air Force hand you your career. Decide what you want to do, and go after it, until you don’t want it anymore.”

That was one of the most powerful pieces of advice I was given. The thought process behind it was, if your performance was exemplary, and you established a reputation of knowing your stuff, the only thing someone else could do to stop you would be to bring personal bias into the picture, and then, it would be loud and clear enough for anyone to see.

Other Published Works

The War Within: Before, During and After the Battlefield



Step into the world of resilience and courage with "The War Within - Before, During and After the Battlefield!"

This powerful collection of stories by veterans takes you on a journey through the challenges and triumphs of military life. With gripping narratives and heartfelt accounts, this book offers a glimpse into the inner struggles faced by those who have served. Soldiers are subjected to intense physical and mental stress as they make the sacrifice and risk their lives for our country.

"The War Within" is more than just facing the challenges on the battlefield but these men and women often face these struggles before, during and after the battlefield. They deal with the pain and sadness of separation from family, friends and loved ones.

Publisher: Pa-Pro-Vi Publishing

ISBN: 978-1-959667-44-5

Amazon: https://www.amazon.com/Journey-Anthology-Things-Learned-Along/dp/1959667467/ref=tmm_pap_swatch_0?_encoding=UTF8&dib_tag=se&dib=eyJ2IjojMSJ9.Hb yzsgv0pLuU2L3YEZu23ds0KF7_1jp8OwSrFLjetXs.fav66fn2xqToG93xqbM0tuK1KDM0qyNhyST4IshfdTI&qid=1763328452&sr=8-2

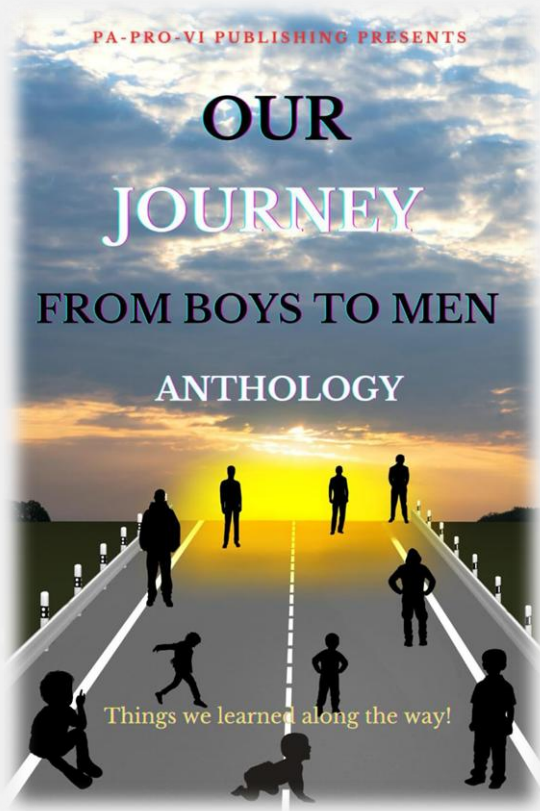
Excerpt:

If that wasn't enough to deal with, I also had to deal with suspected sabotage at more than one juncture during my career. You wouldn't think people who are supposed to be on your team may be secretly plotting your demise, or trying to prevent you from progressing because they're too worried about their own status. Unfortunately, I learned differently. The people doing it certainly won't tell you they're sabotaging you. Some of them may not even realize they're doing it. However, the old saying goes, "Actions speak louder than words," and may in some instances, say what words are not saying.

One of the best (and worst) things I did in my career in the Air Force, and life for that matter, was telling other people about my ambitions. Let me explain the latter, first. I didn't notice at the time, but the confidence you have in yourself can be intimidating to other people, when they feel threatened. Why would they be threatened by you? Most likely, it's because in some way, you've exceeded their expectations for you. In retrospect, that's what it appears to have been, at least from my viewpoint.

Other Published Works

Our Journey From Boys to Men Anthology



Publisher: Pa-Pro-Vi Publishing
Print ISBN: 978-1-959667-46-9
Amazon: https://www.amazon.com/Journey-Anthology-Things-Learned-Along/dp/1959667467?source=ps-sl-shoppingads-lpcontext&ref_=fplfs&psc=1&smid=ATVPDKIKX0DER

A book about life, and the journeys men make, when growing from boys to men. Life is a wise teacher, if the student is cognitive and purposefully attentive.

“From Boys to Men” is more than about reaching an age milestone. It’s about navigating through the plethora of voices on the landscape of life. It’s about having the cognitive mindset to acquire knowledge and being studious enough, to decipher the sound from the unsound. It’s about learning to be a critical and logical thinker, on the journey from childhood ignorance to the wisdom of adulthood.

There’s only one road from boys to men; nevertheless, there are a plethora of peripheral distractions that can cause one to lose purpose and focus. This book, when properly consumed and digested, will be of utmost importance to those who have not fully matriculated from boys to men.

The literary style of this work is highly gratifying. The reader does not have to dig through a lot of superfluous verbiage to get to the thought. It is pointed right at your heart, in a straight line.

20+ men from all walks of life come together to share their stories, and the life lessons they learned on their respective journeys to becoming men. These stories radiate strength, hope, and wisdom. They give people who are struggling with life’s challenges, the necessary tools to navigate through various trials and tribulations. It’s a must-read for anyone who has a young man in their life.

From the preacher, to the solider, to the street hustler: these are their stories... in *their* words!

Excerpt:

... I had to deal with sabotage – meaning navigating around people trying to impede my progress. You know, it’s interesting: you’d think people on your team would be rooting for you, because the team exceeds if all the members do. However, there are some people who feel they need to hold you back, for them to progress. Probably out of fear that you will pass them.

I was fortunate enough during my time in the Air Force, to run into some wonderful mentors who cared about my development, and guided me in a positive direction. My mentors in Oakland may have laid the foundation, but my Air Force mentors built the rest of the house... sometimes by force.

The achievements I obtained in the Air Force are numerous. College? Done. Three times, in fact. Promotions? I earned every one of them. Individual and team performance awards? Multiple times. I was selected to work in two of the most misunderstood career fields: Military Training Instructor and Recruiter. Each time I had people trying to discourage me. Had I listened to them, I don’t think I would have enjoyed the Air Force as much as I did. Not bad for a kid from the inner-city of Oakland, huh?

Upcoming Project

Secrets & Shadows



Battered, bloodied, and bruised, Marquell Stewart has found himself in a precarious position. He's been abducted, and being held hostage. His captors are pressing him for information, but he has no answers for them – and for good reason.

Unbeknownst to the captors, they've encountered two major problems. One: they have the wrong person – Marquell is not who they think he is. Two: they have no idea what Marquell does for a living – but they're about to find out...

Marquell's primary mission is his own survival, but a secondary mission involves preservation and protection. It's a frantic race against time, in this edge-of-your-seat "whodunit," where the hunted becomes the hunter.

Marquell must piece the puzzle together quickly, before someone else gets hurt. To do that, he'll need the assistance of the last person he wants to call. Unfortunately, the person is one of the few people he knows he can trust.

Publisher: Kevin E. Eastman

Print ISBN:

E-Book ISBN:

Amazon:

Excerpt:

"Yo Slim. Dude is awake! Do something, quick!" yelled the man, when he saw Marquell's head pop up. Then, out of nowhere, Marquell saw an enormous fist come into his peripheral vision, heading toward his face. Reminiscent of the loud music playing in the trunk, there was nothing he could do to stop it. Everything appeared to be happening in slow motion. He had no alternative, but to brace for the impact and hope for the best. He thought, "I hope these guys realize the magnitude of the mistake they'll be making, if they don't put an end to this, quickly."

In that moment, Marquell made his peace with whatever was about to happen and prepared himself for a worse-case scenario. He took a few quick breaths, grit his teeth, and clenched his jaw as tightly as he could, to absorb the brunt of the impending blow. A moment later, everything went black... again.

Interview Questions

What motivates you to write?

That's a two-fold answer, depending on the genre I'm writing. With nonfiction writing, I'm driven by a passion for helping people with achieving their goals. As a person who has struggled in several aspects of my life, before figuring out what the problem was, I'm trying to pass on some of the lessons I've learned. Perhaps one of the lessons I had to learn the hard way, can save someone years of banging their head against the wall, and expecting the wall to move, like I'd done for the longest time. A favorite philosophy I subscribe to is, *"Each one, reach one and teach one, and no one gets left behind."*

With fiction writing, I strive for high-quality, as well as entertainment value. So, the reader is the motivating factor! I enjoy writing, and entertaining and educating readers with my writing.

How would you describe your writing style?

I'd say that my writing style is down to earth. I try my best to write from an authentic point of view. I believe the more realistic the writing is, the more credibility it has. I prefer to write my non-fiction work using an "in-your-face" approach. Information can get lost, if it's writing in some type of "cryptic" code. The reader may not, cannot, or will not understand it, which renders it ineffective, and thus, useless.

In writing fiction, I strive to include a degree of realism in the story. I want the reader to visualize, or be able to put themselves in the story, because then, the story has a much bigger impact, which I think should be the goal of *any* fictional book.

What are some of the obstacles you've encountered as an author?

Unless an author has established a fan base like J.K. Rowling, James Patterson, or Stephen King, being an author can be a tough journey. The genre of the book can make it tougher. As a non-fiction author, one of the unique challenges I've faced, is trying to convince a person to explore a different way of thinking, when they're convinced that their current way is working. Gaining exposure is another major hurdle, when people don't know who you are. Getting readers to believe in your work enough to pay their money for it, is another. One of the most challenging obstacle for me is deciding which methods of gaining notoriety work best. What's going to motivate a potential reader to grab a copy of my book? What works for one person, may bomb miserably for another.

Do you have a preferred method of publishing?

It is by far, the more challenging path, but I prefer independent publishing over traditional publishing. I have nothing against traditional publishing, or those who choose to go that route, but I enjoy maintaining creative control of what I write, and how it's delivered. I may not have the financial backing, or the image a major publishing house would likely offer, but there's no better feeling for an author, than knowing your words were published exactly the way you intended.

Interview Questions - Continued

Where did the idea for your featured book come from?

“Don’t Gamble...” is the result of my passion for helping others. I realized my life wasn’t going the way I’d planned, and I needed to figure out why. I went through a stretch where I was looking for every reason under the sun why things were going wrong, but none of those “reasons” resolved my issues. Finally, in an act of desperation, I started recalling information I’d been told by mentors and influencers, and had to accept the necessary, but painful possibility that the problem might be me! From that, a different perspective came to light, and that began my turnaround. I learned how to get out of my own way (which wasn’t easy!), and my life took a drastic turn for the better. I figured I can’t be the only person who could benefit from what I learned, so I decided to publish a few of those lessons. My book is part entertainment, part self-development, and part memoir, but intended to help the reader make positive adjustments.

Have you applied any of the strategies you mention in the book?

Absolutely! I’ve applied all of the strategies in my life. *“Don’t Gamble...”* was written from an authentic place. My experiences are prevalent throughout the book, and made it a point to include real-life examples, in efforts to speak directly to the reader. I used scenarios most people can relate to. I figure, if the reader sees a person who’s faced similar obstacles, and found ways to overcome them, they may feel it’s possible for them to overcome them, as well.

Do you have any advice for the nervous first-time author trying to develop their project?

Aside from the usual “Always believe in yourself” advice that almost everyone gives, I’d tell the first-time author to write often, resist procrastination, and don’t try to write with the idea that you’re going to please everyone with your writing. That is an impossible task! The bottom line is, some people are going to like what you write – others are going to dislike it. That’s the price of publishing written works. You must be able to push through the periods of self-doubt, because there will be many! One of the best pieces of advice I’ve gotten was from an author friend of mine, *“No one can write, or talk about your story, better than you! Believe in your work, and speak to others as if you do, and it will reach the people it’s supposed to reach.”*

Do you have any new projects on the horizon, readers should be aware of?

As a matter of fact, I’m currently working on a fictional story, that I think readers will enjoy. It’s a wild suspense thriller. I’ve also been featured in several anthologies that are along the same lines as *“Don’t Gamble...”* – highlighting the journey, and lessons of life. In my writing, particularly my non-fiction writing, readers may go through a wide range of emotions, but the goal is to motivate them to take actions that will positively affect an aspect of their life they’re not satisfied with. With fictional writing, the intent is to achieve a high-degree mix of entertainment and realism.