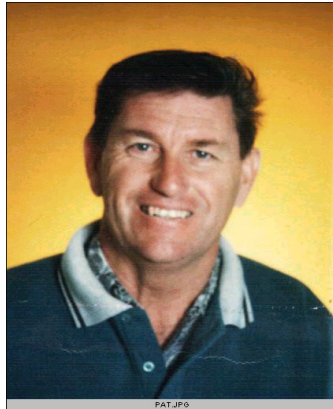


About Me!



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Welcome: My name is Pat Ritter. I am an author and self-publisher. Many times I have been asked the question '**how**' did I start writing?

When I was a student in grade 10 at Sandgate High School, Mr. Imoff, my English teacher told me I had a 'gift' for writing. At that age I didn't understand what he was saying after telling me 'you write the way you speak which is unique'.

In 1985 during my studies at college my lecturer Bob O'Sullivan, who lectured in the subject of 'Behaviour', also told me I had a 'gift' of writing. I'd heard this comment before. Both teachers didn't know one of another yet they each told me a similar thing 'you write the way you speak which is unique'.

The reason I chose to study 'Behaviour' I had a problem with teenage behaviour with my work. I was a Detective Sergeant of Police with the Juvenile Aid Bureau in the Queensland Police Service.

Teenage children were ‘running away from home’. I didn’t know what to do about the problem. By studying ‘Behaviour’ increased my skills and understood more about communication; conflict resolutions, stress management and other management strategies in helping me to better understand the problem of ‘children running away from home’. At last, I discovered a solution to a problem in helping parents improve their communication with teenage children. It was a giant breakthrough!

Bob was very impressed when using strategies learned from his subject ‘Behaviour’ as a solution to my problem. He wanted me to write a book with him about my discoveries! I remember saying to him at the time, ‘you’ve got to be joking I hope, the only writing I’ve ever done is what I’ve handed you.’

Three years later, after many sleepless nights, we finally completed my first published book ‘Closing The Gap – A Self-Help Guide To Family Relationships’. The Australian Lions Drug Awareness Foundation Inc published the book. Almost 8000 copies has been distributed by way of their Australian and Papua New Guinea network of Lions, Leo and Lioness Clubs to schools and libraries in their communities. That was my ‘baptism of fire’ with writing and publishing of my first book. More was to come.

1991 I retired from the Queensland Police Service on medical grounds. The Queensland Police Service’s policy was when an officer had a pacemaker it may place that officer in danger of risk to injury, or death. I don’t know whether you believe in fate or destiny, for I do. At the time of being medically discharged from the service, I personal suffered depression of casting away twenty years of a career. The everyday thought of ‘having a heart problem’ also constantly played on my mind.

Aged 42 years of age I’d suffered a serious condition of my heart, which is the major organ of our body. Yes I was living in the ‘poor me’ syndrome and didn’t know what to do to escape back into the real world. Not only did I suffer but my wife and children suffered. I had no inner power to do anything about what was happening with me until fate stepped into my life.

David McKenzie, Secretary of The Australian Lions Drug Awareness Foundation, who was the driving force behind the publication of the book ‘Closing The Gap’ offering to send me on a speaking tour along the eastern states of Australia. Over three weeks I visited Lions Clubs; appeared on the television morning show ‘Today’ plus radio programmes listened to by thousands of listeners. I felt someone was looking after me.

Returning home after a whirlwind tour I applied for a position as an ‘Alcohol and Drug Counsellor’ with Queensland Health and got the job. My world did a one hundred and eighty degree turn around. This new role threw me to the other end of the spectrum as compared to my journey of twenty years as a Police Officer. I slowly regained my dignity as a human being. It was at this time of my life I wanted to learn more about my pacemaker operation including the affects it had on my life.

Researching for information I found no useful data to show me ‘what happened to me’. I decided to write and publish my own book titled ‘**How Could This Happen To Me**’ to explain my own journey and the operation of having a pacemaker, with my personal feelings, emotions, fear of the unknown and what had actually happened to me. Doctor Wayne Stafford M.B.,B.S.,F.R.A.C.P Cardiologist who operated to implant my pacemaker kindly wrote the foreword of the book.

This book has helped many people to understand what others and I have been through. Not only the operation and after effects of having a pacemaker, but the tough times in coping with the future, if there was going to be one. One lady told me her husband was the first recipient of the pacemaker in Australia and had been depressed for the past twenty-one years. After reading my book she wrote to tell me her husband was so relieved that he had ‘at last’ read a book to discover he was not the only person in Australia with a pacemaker. His comments were pleasing to know the book was written and easily understood in a layman’s language instead of the technical jargon.

After my operation of the pacemaker, I fell into a **BIG BLACK HOLE** living there for almost two years. This was an experience I do not ever want to experience again. After escaping this **BIG BLACK HOLE** I felt alive once more. To help other people who suffered depression, I wrote a book ‘**How I Got Myself Out Of Depression**’ which I provide **FREE** when purchasing ‘**How Could This Happen To Me**’.

In my new role as an ‘Alcohol and Drug Counsellor’ many parents approached me about their teenage children using drugs – more particularly *Marihuana*! I’d been down this track before with ‘children running away from home’. ‘**Closing The Gap**’ book distribution throughout the network of Lions Clubs continued. As an added appendix to the book I decided to write ‘*Parents – STOP – Be Aware Of Your Child – Taking Drugs*’. This book is provided **FREE** with any copy of **Closing The Gap** and provides the history of ‘**Closing The Gap**’ together with information on drugs to help parents become aware of the various drugs in our society. Afterwards I wrote a workbook for young people. Together all three books encompass ‘*The Parents Drug Awareness Programme*’.

In 2000 I was amazed to learn that there had not been a book written on any person, particularly a trainer or driver in the Queensland Harness Racing Industry. I spoke with 'Hollywood' John McMullen who is a celebrity of the industry. He agreed for me to write his story. Writing and self-publishing this book was a highlight for me. **'Hollywood' John McMullen Story** was officially launched by Harness Racing Commentator Mr. David Fowler on Briz 31 television station. Sky Channel television programme 'In The Gig' awarded me 'The Achiever Of The Week Award' for writing and self-publishing the book.

My Grandmother, Hannah Francis Langley was born one hundred and three years ago in Cunnamulla, a country town eight hundred kilometres south west of Brisbane. She lived one extraordinary life bearing seven children, married to my Grandfather for thirty years until his untimely death. She went on to marry my Step Grandfather until he unfortunately passed away after thirty years of marriage to my Grandmother. She had outlived both of her husbands. Unfortunately she also passed away not long afterwards. Growing up through two world wars, living without electricity, experiencing hardships unparallel to anything experienced by today's living standards, I was blown away with admiration for this woman of substance. I wrote and published her life story entitled **'In Remembrance Of Mam'**. Her remaining children, grandchildren and great grandchildren received a copy of her book. It is a **FREE** book!

Sadly in 2003 Olga, my wife of thirty-one years lost her fight with cancer. She was the most wonderful person I'd ever known. All throughout her life she achieved so very much for one person to achieve during ones own lifetime. In commemoration of her life I wrote and published her life story in a book titled **'In Remembrance Of Bub'**. This book is **FREE** and can be downloaded from my website www.patritter.com.au.

Now to my latest book – **'Confessions Of An Alcoholic'** there is no doubt in my mind it is the best book I've written so far. I am an **Alcoholic!** Although I stopped drinking alcohol on the 13th January 1977, so begins my story. Alcohol is a depressant drug, in other words when you drink alcohol the contents effects our body and mind causing one to feel relaxed and depressed. When I was twelve years old my Grandfather gave me my first taste of beer at a family Christmas gathering. I liked the taste and what it did for me. From fifteen years of age until I was twenty-eight years old I became dependent on drinking alcohol at the same time building up a tolerance to the amount of alcohol I consumed in making myself drunk.

On the 13th January 1977 my wife Olga, threatened to leave me and take my two children with her. She was fair dinkum! At that moment I suddenly realised if I didn't do something about my drinking she was going to leave me. I promised her **I WOULD NEVER DRINK ALCOHOL AGAIN!** I haven't touched a drop since that day. Unfortunately, over the following twenty years I became what is known as a *dry drunk*. Nothing had changed in my life and I didn't drink any alcohol but my life never changed. In my role as an Alcohol and Drug Counsellor it was obvious to me that it was fate that I stopped drinking alcohol when I did, also I started to understand 'why' I continued being a *dry drunk*. It was time for me to '*have a good look at myself*'. The following twelve months I learned to empower myself to make changes in myself. I needed to change. '*Confessions Of An Alcoholic*' is based on my true-life experiences as an **Alcoholic**.

The latest addition to my website is titled '**STORIES**'. They are **FREE** to download. Last, but by no means least, is the monthly Newsletter I send out to readers to keep them up-to-date with what's going on with my writing. If you want to receive a Newsletter then all you need to do is to register your e-mail address onto my Newsletter section. Have a read of the Newsletters I have already written and published.

Thankyou

Pat Ritter
Author and Self-Publisher