

# AUTHOR BIOGRAPHY



Keith Knotek is a retired Sheriff's Sergeant and Police Commander with 30 years of law enforcement experience in California. Keith has been involved in multiple critical incidents including several officer-involved fatal events during his career. Those experiences led to mental health issues until he discovered how to overcome them through a holistic approach to resilience.

Although he has held many different professional positions throughout his life and career, Keith cherishes the titles of husband, father, friend, and child of God. Keith holds an M.A. in Organizational Leadership and a B.S. in Criminal Justice and is currently an adjunct instructor at a university in Arizona. Keith's mission is to help those who suffer from post-traumatic stress. He currently resides in Prescott Valley, AZ with his wife, Lily, and has two adult daughters.

## BOOK REVIEW

Reviewed by Mamta Madhavan for Readers' Favorite ®

From Sorrow to Amazing Grace: One Cop's Journey by Keith R. Knotek is the author's story of being an alcoholic in recovery, husband, father, son, friend, child of God, and a retired police officer. The memoir gives glimpses of his life which have been a series of ups and downs, and how the emotional scars inflicted upon him went unchecked and unaddressed for a long time. His story is that of pride, selfishness, brokenness, forgiveness, redemption, hope, faith, belief, strength, perseverance, and redemption through Christ. This memoir is all about hope and giving readers the confidence and courage to face their future, and his words show how with God's support everything is possible.

From Sorrow to Amazing Grace is honest and straightforward. He throws light on living in a safe environment growing up and how he was keen to be in law enforcement. He captures his struggles, stress, and his PTSD, and what is admirable is the way he overcame his struggles and difficulties by putting complete faith in Jesus Christ. I enjoyed reading this book and the author's honesty. It takes a lot of strength to come out in the open and speak about one's alcoholism, alcohol-induced escapades, and PTSD, and many readers undergoing similar challenges will easily relate to his words. This book is a good way to understand the life of a police officer and healing from Jesus Christ.