

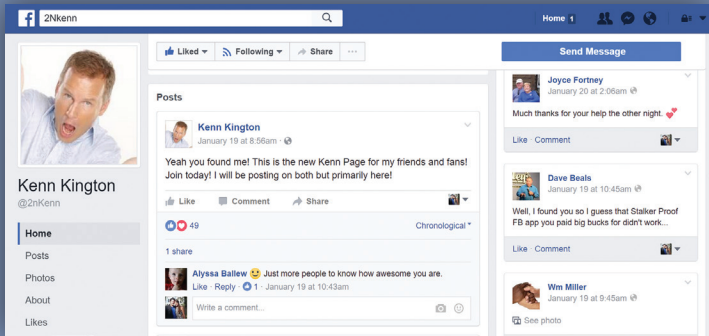
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KENN'S  
KRONICLES  
2017

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NEW FACEBOOK FAN PAGE  
**2NKENN**



Due to the wonderful following you have provided I can no longer add people to my page so here is the new improved "Fan Page" **2Nkenn**. Join today even if you already follow me personally. I will begin posting on this new page exclusively in 2017!

**Step One: Go to Facebook**  
**Step Two: Type in "2Nkenn"**  
**Step Three: Hit Enter!**

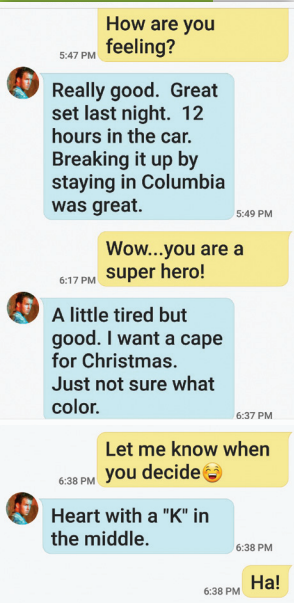
Be sure to like Kenn's page, which will be listed under the pages tab (not the people tab).

- You can Google Kenn too!** Kenn will be one of the top (if not **the** top) link that pops up. Kenn switches popularity with a Japanese TV voice star. That is NOT this Kenn!
- Or go directly to **www.KennKington.com** to get any info, links to the newest clips, or to see when Kenn will be near you.
- If you'd like to connect about a potential booking or send a question or info to Kenn, email **info@KennKington.com**
- Want to go Old School? Call Toll Free (What does that even mean anymore?) **888 550-KENN (5366)**



**HAVE CAPE WILL TRAVEL?!?!**

Big planning time! I love fun! My road manager, Becky, sent this text to me during my recovery from the surgery.



The speed of my recovery has been nothing short of amazing. My comment to her was tongue-in-cheek to be certain but look what fun transpired! At our Christmas dinner, Becky had this wonderful gift made! The reactions I get when I wear it are priceless! Kids want to meet me and ask what my superpower is. It is wonderful. I am going to start wearing it in public on a regular basis just to see what happens.

Here is where YOU come in! I'd love a superhero nickname that I can use. Get creative and send your ideas directly to our office! I cannot wait to hear what you think! **info@kennkington.com**





# KENN'S SPEEDY REC+VERY

The thought of being a patient in a hospital never crossed my mind! Yet, there I was laying in a bed facing emergency, quadruple bypass open heart surgery...

**Let me share a couple details.** I had been feeling a bit fatigued. Nothing major just a bit run down. A couple times a day I would have a very small, mild twinge in my chest. Not a pain, just a 10-30 second twinge. It became irritating enough to ask my friend Ryan, who is a doctor, if I could stop by and see what he thought. He agreed to see me, ran some test, and assured me I was getting OLD. That is it! Out of compassion he offered to prescribe a heart scan that I did not qualify for but might give me peace of mind. I agreed and that is when it really started.

Normal scan number is 0-9; 10-20 reveals a need to see a cardiologist. He called me while I was on tour with a friend and told me mine was, are you ready for this... 697! I asked him,

*Does that mean I am dead and just don't know it?*

We arrange for the first appointment available when I got back and the Cardiologist was baffled. He actually said, "I've never seen a number this high before. If you have a number this high you should weigh over 300 lbs., be a chain smoker, and have a beer in your hand."

A few days later they performed a stress test and that is when it got crazy. The test revealed major blockage. The next morning I was in surgery to discover the extent of the blockage and hopefully put stents in my heart to open it up. That failed and simply revealed the extent of the damage.

While I did not have a heart attack, it was clear I needed open heart surgery, quickly, to avoid one. All four major arteries in my heart (and we only have 4) were over 99% blocked. In case you are not good with math. There is not a lot of room after 99%.

The miraculous! I had 18 hours to realize what is most important in LIFE. The next day I would be wheeled into the most evasive and dangerous surgery anyone can face. I realized I will close my eyes and the next face I see will be Jesus or my wife, Heather. That will give perspective in a way nothing else will.

To be perfectly candid, I am convinced the prayers of thousands are what sustained me when there is no explanation why I did not have a fatal cardiac arrest. I know the prayers and support are why my recovery was equally miraculous. Normal recovery takes 4 days ICU, 4 more in a regular room but mine was 2 ½ days and I WALKED out of the hospital after one of the most life-threatening surgeries anyone can endure. My at home recovery has been equally miraculous.

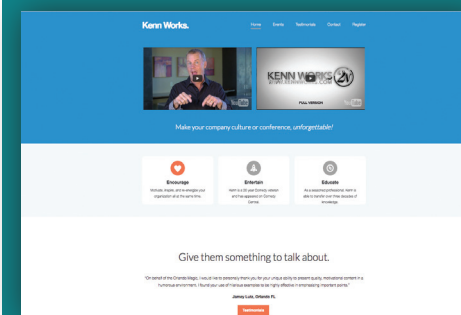
I can also say the only thing that can overwhelm, overwhelming circumstances is the timeless truth from God Himself. I read several verses during that 18 hour wait. The verse that permeated my mind while rolling into the O.R. was Philippians 1:21, "For to me to live is Christ and to die is gain." I wanted to see my family and grow old with my precious wife. Yet, I realize that God is in complete control no matter what happens. I prayed quietly while they prepared the room and experienced what can only be described as PERFECT PEACE!

One of the nurses asked at that moment, "Are you ready?" I smiled, closed my eyes and said, "YES!"

If you'd like to hear the details and some of the humor of this miraculous experience go to [www.westcobbchurch.com](http://www.westcobbchurch.com), click on *sermons* and go to *November 27th, 2016*. Three weeks following my discharge I spoke 3 times at my church.



## Kenn Works.



Getting to speak and perform for some of the most amazing companies and leaders in the world exposes me to nuggets of wisdom that I love to pass on. Whether speaking at an international symposium at the University of Kiev in the Ukraine (below left) or at the Coca Cola international headquarters in Atlanta I love to share and LEARN. Below is just one such lesson that I took and developed into a core piece that I continue to share. New transforming BITS like this can be found on my LinkedIn page on a monthly basis.

**Check it out!**

**7 Determinations that cost nothing, takes zero talent yet are invaluable:**

- BE ON TIME
- BE PREPARED
- BE TEACHABLE
- WORK HARD
- BE POSITIVE
- BE PASSIONATE
- BE EXTRAORDINARY