



## Painting a Personal Journey

Press Release - For Immediate Release  
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Artist and author Gregory Burns is delighted to announce the publication of his new book, *Painted Journey*. Featuring artwork, photography and travel writing from 10 countries, *Painted Journey* is a testament to over two decades of traveling, painting and collecting a journal of all the experiences along the way.

As a three-time Paralympic athlete, Gregory has won gold medals and set world records in swimming pools from Barcelona to Sydney. As a painter, he has carried canvas and brushes across five continents. Whether searching for new vistas to paint, traveling on business during a stint in the corporate world or flying to meet one of his many motivational speaking or charity commitments, Gregory spends a lot of time on the road.

Contracting polio at the age of one, Gregory has walked with leg braces and crutches all his life, making his way through the world by, to use his own words, "...navigating by dim light." He writes in his artist's statement: "I always hoped that huge floodlights would illuminate the potted landscape of my life's path. Instead, I have discovered that the journey has unfolded without distinct signposts."

*Painted Journey* takes the reader on the road with Gregory and brings to life the adventures encountered and challenges faced in locations as far flung as Laos, China, Hawaii, Myanmar, Greece and India. Gregory has lived in Asia for 20 years and now divides his time between Singapore and California. He has held exhibitions in Singapore, Hong Kong, Taiwan, Japan, India, Indonesia, Hawaii, California and London and holds a Master of Fine Art from R.M.I.T. in Australia.

With 200 color pages featuring paintings and journeys around the globe, and appealing equally to art lovers, travel fans and people looking for inspiration, *Painted Journey* is now available from select bookstores and by emailing [greg@gregoryburns.com](mailto:greg@gregoryburns.com).

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## About the Author

### Childhood and Education

Born in 1957 in Washington D.C., Gregory was educated in Europe, Australia, Singapore, Taiwan and USA. Gregory contracted polio as an infant, and owes a debt of gratitude to his family for refusing to treat him as a 'disabled' person and giving him access to a childhood that was as 'normal' as possible. Instead of American football, he experienced a life of painting, traveling, trekking and swimming. His love affair with Asia started in 1984 with a California State University course in Chinese brush painting and calligraphy taught in Taiwan. Following that program he spent 16 months backpacking, painting and exploring Asia.

### Sport

His career in corporate marketing began when he sought a sponsor for his first Paralympic bid. While working two jobs in Hong Kong, he trained for the Barcelona Paralympics during his lunch hour. He remembers swimming down the lane thinking, "If I close my eyes I can take a little nap between now and when I hit the wall." So he swam during his lunch hour and lifted weights before work in the mornings. In the 1992 Barcelona Paralympics, he set a world record for the 100-meter breaststroke and won Silver and Bronze medals. Kentucky Fried Chicken sponsored his trip to Barcelona and later offered him a job. This started a five-year stint doing corporate communications and public relations for PepsiCo Restaurants International. The company again sponsored him to compete in the Atlanta and Sydney Paralympics.

### And the Rest

Gregory develops and delivers motivational and awareness building programs for a wide range of Fortune 500 companies, schools and charities throughout Asia and the U.S.A. He researches and formulates messages based on personal experience, often citing status as a Paralympic world record-holding swimmer, athlete and artist, while addressing specific corporate, educational or charity needs.

And that about sums up the life of Gregory Burns so far. Of course, along the way there were other adventures: scuba diving, sailing from Tahiti to Hong Kong while producing TV documentaries, trekking the Himalayas and writing for magazines on art and travel all found a place in his life.

He has been a fulltime painter and writer since 1998.

[www.gregoryburns.com](http://www.gregoryburns.com)



## Notes on a *Painted Journey*

### Background to the Book

As an athlete, painter, traveler, writer and speaker, walking using leg braces and crutches, Gregory has experienced life from a vantage point that offers the rest of us some inspiration. Beautiful enough to be a coffee table book, meaningful enough to be read over and over, *Painted Journey* is an illustrated book showcasing the art of Gregory Burns and encompassing the messages he puts across during his public speaking events.

*Painted Journey* is a book about an aspect of Gregory's life that he has been writing since he kept a notebook on a trip to New Zealand over 30 years ago. The art spans three decades, and demonstrates his development from realism to abstraction, his experiences include his Paralympic medals, the adventures in the many countries he has visited and his thoughts as a motivational speaker. Most of all, *Painted Journey* is about his paintings and the view upon the world that they afford us all.

Paintings, sketches and travel photography illustrate and define the 10 chapters: California, Singapore, Nepal, China, Myanmar, Cambodia, Laos, India, Europe and Hawaii in addition to a foreword, preface and artist's statement. The commentary guides the reader through a personal perspective of the journey according to Gregory Burns.

There are 380 travel photographs and 320 original artworks across the 200 full color pages of the hard cover book.

*Painted Journey* is sponsored by Credit Suisse in support of VSA Singapore.

Appealing equally to art lovers, travel fans and anyone looking for inspiration, *Painted Journey* is now available from select bookstores and by emailing [greg@gregoryburns.com](mailto:greg@gregoryburns.com).

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