



About Shannon Duffy

Shannon Duffy lives in Palm Springs, California, with her two sons, a cat, a pack of coyotes, a family of raccoons and one lone skunk, where she spends her time putting pen to paper and coming up with story ideas for her next book.

Working as a freelance actress and model, as well as a web designer for various clients in and around Hollywood, Shannon's knack for marketing and relentless self-promotion have garnered her spots on nationally syndicated talk shows and lead roles in various ad campaigns, television, and movie projects.

When not role playing as Mother Nature, she enjoys going for motorcycle rides and teaching arts and crafts to young kids.

You can visit her online at: <http://ShannonMarieDuffy.com>

RECENT PRESS FOR SHANNON DUFFY

ARTICLE: *Benefits, Pitfalls Of Virtual Gift Cards (Abridged)*

Online Gift Certificates Can Save Time, Effort This Holiday Season

By Kim Fettig, CBS Atlanta Consumer Reporter

DEC 8, 2010 (CBS) -- If you have gifts to buy this holiday season, but don't want to battle the crowds at the mall, retailers have the perfect solution for you: virtual gift cards. Shannon Duffy sends virtual gift cards because she's a busy, single, working mom with no time to hit the stores.

"They're great for people like myself who are always on the go," Duffy said.

Duffy logs on to the growing number of stores offering online gift cards, picks the amount she'd like to spend, enters her credit card information, the recipient's name and e-mail address, and her shopping is done.

"Buying a virtual gift card is super easy to do," Duffy said...but there are some pitfalls to online gift giving. Duffy actually received a virtual gift card once, thought it was spam and deleted it. ... She and her gift giver had to battle with the retailer to get it reissued...

For video, also see:

<http://www.wfsb.com/news/25894987/detail.html>

<http://www.king5.com/video/featured-videos/Virtual-gift-cards-ease-holiday-shopping.html>

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ARTICLE: *Four ways to avoid getting sick during the holiday season (Abridged)*

By Madison Park, CNN

December 20, 2010 (CNN) -- Illness for many of us seems to knock at the most inopportune moments -- after finishing a year-end project, before a holiday or after taking exams. It had Shannon Duffy, who spent this Thanksgiving in bed with the flu, asking: "Is too much excitement and anticipation of the holiday season a bad thing? Or is it that my immune system just gets so overloaded with life stresses that when I step back and take a break, it is like an open invitation for the flu bug to intervene?"

With Mom sick in bed, Duffy's sons had to microwave their TV dinners for Thanksgiving. "I've been sick a lot during the holidays," said the Palm Springs, California, resident. "If it's not Thanksgiving, it's Christmas..."

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An Interview with Shannon Duffy

January 2011

Why did you start writing?

I wrote my first story in first grade...and it won first place in a writing contest. Starting off with confidence like that led me down the path to becoming a writer. Writing is fun. I always enjoyed writing essays and speeches in school and knew one day I'd pursue writing as a profession.

What is your favorite part of the book?

My favorite part of Stormy Knight is the scene in the bowling alley when the characters are ordering all the random junk food. It's a simple set-up, but every time I read that part of the book, it makes me hungry reading about all that food.

What was the hardest part to write?

Writing the sci-fi parts of Stormy Knight were a challenge for me because that isn't my genre of choice. John has an impressive background in the sci-fi world, so it's his comfort zone. For me, writing in that genre took some coaxing from John on my behalf. When it came time to think 'sci-fi' for certain scenes, John and I spent many hours discussing ideas and what-ifs on Skype. Once we got rolling on those sections, it was fun, but it's not my area of expertise, so it took some additional effort on developing those parts.

How personal is your writing?

Great question! I view my writing as an extension of myself, but on the grand scope of things, it's a product and I move on. I don't write anything personal. I just let the characters evolve and develop on their own. When I write non-fiction, it's not really on a personal level for me. I just try to write the most entertaining, thorough body of work I can. I'm always open to tweaking parts of a story or adding additional characters if an editor thinks of a better idea.

Which comes first: The character's story, or the idea for the novel?

When I write, it's the character's story that comes first. I create a central character or characters and come up with a problem they need to solve and then I expand from that starting point. I like to jot down ideas for potential new stories and sometimes I end up combining two or three separate ideas into one book idea. That way I don't feel like I am abandoning a new character idea. Maybe it's writer's guilt that causes me to do that.

What advice do you have for someone who would like to become published?

My advice for someone looking to get published is to figure out what you want from your published work. Do you want just something to have to show friends and family or do you want something that is marketable and profitable? If you choose the latter, be open to story changes. Don't take suggestions for changes personal, because they aren't meant to be.

How did you come up with the title?

The title, I believe, was my co-author, John's idea. He is great at coming up with book titles and he suggested we write a book together about a character named Stormy Knight. I thought it had a fun ring to it. John and I have worked together in the past on other projects and he has always had a knack for naming books.

What are you reading now?

I'm working on writing a couple of children's picture books, so I've been studying that genre a lot lately. I'd love to say that I have a 700 page novel on my nightstand, but I don't. I'm enjoying reading e-books more than I thought I would, though. It's actually kind of nifty to be able to flip through a book or magazine on a screen in your hand.

Who designed your book cover?

The artist for the Stormy Knight book cover is Ao Chan. She's a new artist on the book cover artist scene and am really happy with what she and the editors at Blue Leaf Publications came up with for the final cover. Both John and myself had a lot of input on the cover art, too. It was a great team effort and I think Ao did a great job with conveying what Stormy Knight and her mom might look like.

What are your current projects?

I have a children's picture book I just wrote called Lazy Larry. I also have another book I co-wrote with John entitled The Couples Guide to Pregnancy (He said, She Said) and a book I co-wrote with another author based on interviews with The Cleveland Browns NFL team. So, now that those three books are written, I'm looking for publishers for all of them. I'm really excited about finding a home for the picture book I wrote because it's my first venture into that genre. The Couples Guide to Pregnancy book is also a great non-fiction book aimed at first-time parents-to-be. John and I were able to bring a doctor on board for every chapter of the book, too, so that perspective makes the book unique. Our plan is to get it placed with a publisher this year now that the proposal packet is fine tuned.

Which of your characters is most/least like you, and in what way(s)?

I think Stormy is most like me out of all the characters because she has determination.

Did you learn anything from writing your book and what was it?

After writing Stormy Knight, I learned that I enjoy the revision process almost more than I enjoy writing the first draft of the book. Sure, it was fun writing it with John, but doing the re-writes gave me time to take a more in-depth look at each of the characters and each of the scenes to see how they could be fine tuned a bit more. I enjoy that process.

Do you have any advice for other writers?

My advice for other writers is to not take things personally if you receive feedback about revisions from a potential publisher. If you are looking for a publisher to only give you accolades without constructive criticism, you are short-changing your work. Be open to ideas and don't be afraid to share your own ideas for fear that someone will steal them.

How was it working with a co-author? Would you do it again?

I've done both - written on my own and worked with a co-author in the past. I enjoy both approaches. Writing with a co-writer is fun because you have someone familiar with your character or characters that you can bounce ideas off of. Stormy Knight was written by my co-author John and me. Non-writers ask, 'so, which parts did you write and which ones did your co-author write?' I tell them that is the beauty of finding someone you can write well with. When the end product is out and people can't tell the two author's voices apart, then I know as a writer that we've written a successful story together. It can be challenging to make sure one author's voice doesn't cancel out a co-author's voice, but John and I have worked together for years and we've always just been able to find a balance without even trying. John and I are even about to embark on another YA sci-fi book together.

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