

A man in a dark jacket is standing at a wooden pulpit in a church, addressing a congregation. The church interior features a large wooden cross on the wall behind the pulpit and green curtains. The audience is seen from behind, seated in rows of wooden pews. The scene is lit with warm, indoor lighting.

ALAN S CHARLES

walking out —
— THE OTHER SIDE

ABOUT THE AUTHOR

Alan S. Charles has lived a remarkable, diverse, and full life from playing professional baseball to being a professional harness racing driver and singing with Barry Manilow at Radio City Music Hall. **Perhaps most remarkable is that he is still alive after surviving a 24-year addiction to cocaine.**

In a childhood that saw the loss of his father at a very young age, Alan managed the best he could alongside an emotionally destroyed mother, and a younger brother who eventually lost the battle to mental illness. Despite the odds, he found his way to college, playing baseball at the University of Miami, and as a starting pitcher at the University of Tampa. After a professional playing career in the Dominican Republic, Alan was a successful businessman, yet, eventually, the pain of his dysfunctional upbringing caught up with him. Seeking relief from his lifelong feelings of anxiety and loneliness, he became addicted to cocaine, which ultimately caused him to lose it all.

After 24 years of being in and out of rehab, he finally won the battle with his inner demons and has been clean and sober since December 2007. Grateful to be alive today to tell his story, Alan shares his message of recovery around the globe as a motivational speaker. Featured in The New York Times, The Stadium Journal, Daily Racing Form and Blogcritics.org, he has chronicled his amazing comeback story in his memoir ***Walking Out the Other Side: An Addict's Journey from Loneliness to Life.***

Hoping to inspire as many as possible by sharing his personal experiences, he is now empowered by the joy of helping others overcome their own struggles. He speaks to audiences not just as an expert on drug abuse, but as someone who has lived through the horror of addiction himself. His presentations can help anyone - students, parents, athletes and coaches, companies and their employees - with an inspiring message of prevention and education.



FOR IMMEDIATE RELEASE

Celebrating 10 Years Clean After 24-Year Cocaine Addiction, Speaker, Author Helps Others Heal

March 2018 - Two decades of cocaine addiction were not enough to keep author and motivational speaker Alan S. Charles from turning his life around, and his message of success amid struggle is resonating with audiences across the country. He recently completed engagements in Tampa, FL and Dallas, TX, speaking to thousands of students, teachers and coaches about his experience and the importance of awareness and prevention.

Since his decision to become clean and sober on December 8, 2007, Alan has been passionate about helping others defeat their addictions. Speaking around the country on the horrors of addiction, he stresses that anyone can recover no matter how far they've fallen. His message is unique in that he has lived the life of an addict, and can offer insights beyond clinical statistics that truly resonate with people, particularly young adults and students.

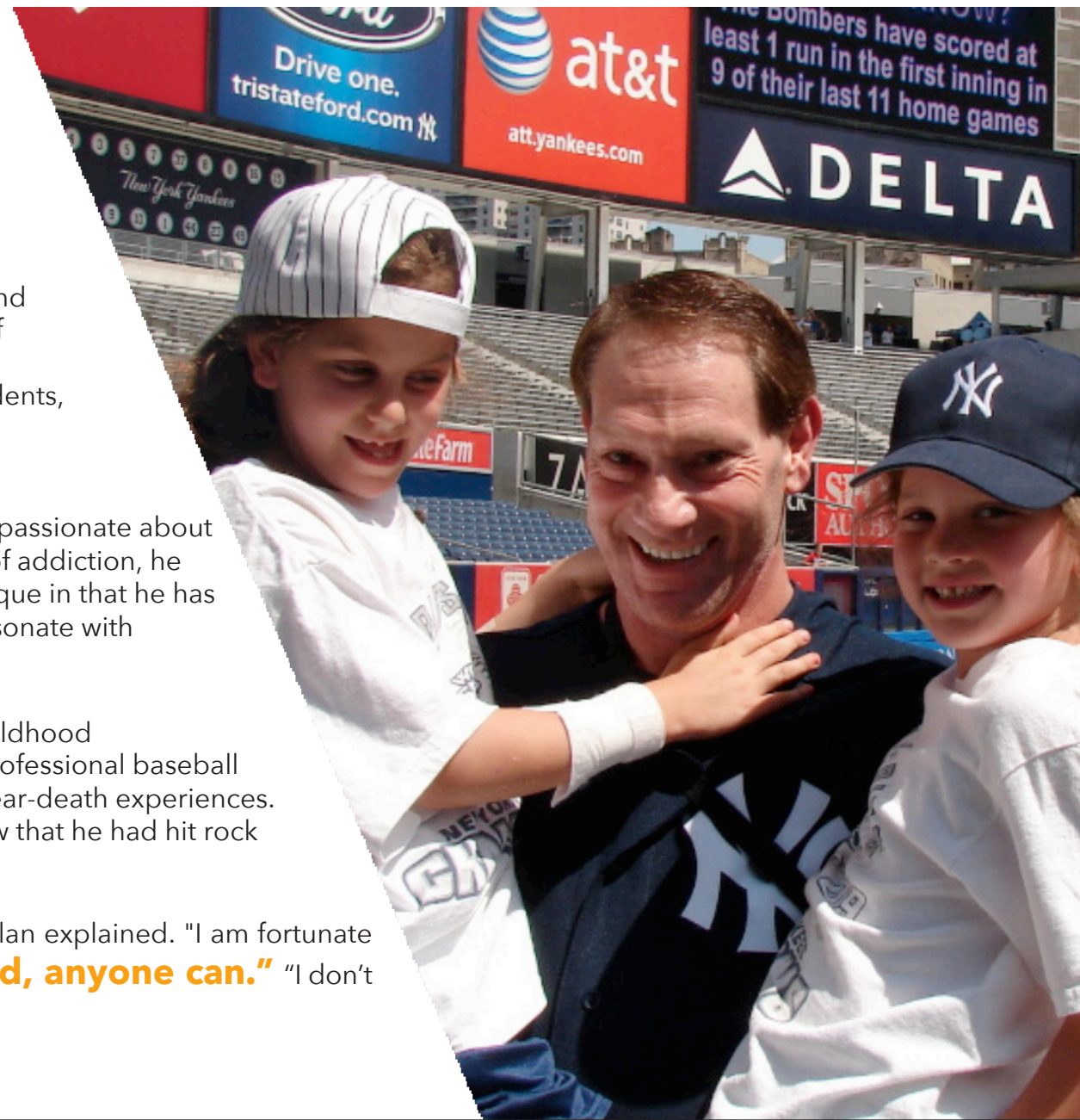
Walking Out the Other Side chronicles his extraordinary comeback story from a childhood marred by his father's untimely death; a turn to chronic drug use amidst careers in professional baseball and professional harness racing; repeated attempts at sobriety and living through near-death experiences. After the heartbreaking court order that kept him from seeing his daughters, he knew that he had hit rock bottom and that he needed to seek help.

"I was at the lowest point where death was the next obvious place I was headed," Alan explained. "I am fortunate to have survived and **I know if I could rise out of the depths as I did, anyone can.**" "I don't know how to explain why I have been spared other than to say it is a miracle!"

Alan S Charles lives in New York City, and still enjoys being a professional harness racing driver in addition to being a successful businessman. He has been clean and sober since December 8, 2007 and is happy to be the doting father of two daughters. While the publication of his book was a milestone in his recovery, he is now dedicated to speaking to audiences about the lessons and keys to success anyone can find in the midst of adversity.

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ABOUT
THE AUTHOR





Article, [Reader's Digest](#), "**8 Former Alcoholics Reveal Eye-Opening Lessons on Overcoming Addiction**" - June 2018

[Webchat with Monroe College](#) - April 2018

Event video, Parish Episcopal Dallas TX, [Health and Wellness Week](#) (Keynote speaker) - February 2018

Article, [NutMeg.com](#) "**My Mantra Helped Me Overcome Addiction,**" December 28, 2017

Interview, [Rise2Recovery](#), **Episode 14 - Alan S Charles, Author and Speaker**, March 17, 2017

Interview, [The Shair Podcast/SoberNation](#) - **Lessons on Overcoming Addiction** with Omar Pinto, October 18, 2016

Interview on [A Town...and Village Two](#) with Alice Bloom - June 14, 2016

Interview on the [Donna Seebo Show](#) - April 12, 2016

Alan Interviewed on the Ethan and Lou Show, WRKI-i95FM - April 12, 2016
[Video of Segment 1](#) | [Video - YouTube link](#) | [Audio Segment 1](#) | [Audio Segment 2](#)

Interview, VoiceAmerica Variety - [The Patricia Raskin Show: Addict's Journey Back to Life](#), February 15, 2016

Blogcritics.org [Review](#), 10/13/15



Visit [Alan's YouTube Channel](#) for speaking clips and more information.



QA You battled your addiction for 24 years, losing everything. What was your darkest moment - what finally turned it around for you?

There were many dark moments - any one of which should have turned things around for me. However, after being on a six-week run, I received a call from my therapist Nancy. Her emotional message was just, "Alan - it's time to come back - you are going to die." For some reason, listening to that message repeatedly struck me in a way that I never felt before. I began my recovery after that.

QA How has sharing your message of recovery with audiences everywhere transformed you?

Whenever I share thoughts about my journey, and specifically the message that recovery is possible for anyone, I get goose bumps and deep inside I know how lucky I am to have been given so many chances, and how fortunate I am to have succeeded. Hearing from people that I have reached them is both humbling and empowering to continue.

QA How does your story provide hope to addicts and their loved ones?

It proves that no one is too far gone to get better. I struggled for years with my demons, but I never truly gave up on myself. You have to have faith in yourself (even when your loved ones have given up) and use that faith to live your life instead of destroy it.

QA What lessons can anyone learn from your life story?

Really, we are all human and we all suffer. We all live with fear, anxiety, depression, and addictions. There is a pathway to get through anything. You always have the power to change your situation and start over. It takes a lot of strength, a willingness to lay yourself bare, an acceptance that you must allow yourself to be vulnerable. If you do this with honesty and faith, you can get better. But you must take the plunge. Close your eyes and jump.

QA Do you ever worry about going backwards after nearly 9 years?

Addiction is a disease that can be rendered dormant, but, it is always lurking and you need to be aware of the triggers that can potentially put you back on the addiction path once again. I've come to a place in my life where the things I learned early in my recovery allow me to lead a very full life. I go to meetings, I reach out to others who need assistance and I feel a sense of gratitude every day for my second chance. Using all of these tools and the knowledge I have gained through this process, I am confident that I will only go forward.

QA There are many who want to keep their addiction secret. Why did you decide to go public?

I lived a major portion of my life hiding behind a mask. I lived with fear and anxiety, unable to connect with anyone. I got better because I fought to come out from behind the mask, to let people see the real Alan. I know there are so many who may be going through similar situations - I understand the pain - and want to help others to face their challenges, resolve the pain and find happiness.

You've led an interesting life. What were some of your most memorable highlights

Pitching in my first professional game in the Dominican Republic - the feeling of an incredible accomplishment - with lots of gratitude.

Playing professionally with former major league players.

Driving my first race, a winning one, at Yonkers Raceway

Winning against some of the greatest harness racing drivers of all time.

My comeback to harness racing after being gone for a number of years.

Performing with my favorite singer - Barry Manilow at Radio City Music Hall.

PRAISE FOR

ALAN S CHARLES
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"Our group of 75 high school student athletes, as well as coaches and staff sat silent for 2 hours while Alan brought them through his journey. By the end, **there were tears, smiles and everything in between.** Many questions and personal stories from the audience followed, with Alan listening to each one **with the empathy of only one who had "been there, done that" could."**

Dan Martucci, Tampa, FL

"As an educator in psychology, **I admire Mr. Charles bravery in finding himself and then sharing that with others.** He is personable and relatable, and his honesty and passion kept my students' interest in his challenging journey. "

James Y., Professor - Monroe College, Bronx, NY

"His presentation of Drug Abuse Awareness and Prevention was nothing short of marvelous. The way he brought in his personal story and related to teenage boys and their situations, from traps to peer pressure, was amazing. I highly recommend Alan to speak to your group."

Peter J Mulry, President, Peter J Mulry Foundation, Tampa, FL

"I've had the privilege of seeing Alan Charles speak several times, and always come away with a **renewed sense of commitment to being better, doing more.** The message isn't just about drug addiction, but about **your ability to overcome anything,** and that's powerful. "

Denise K., Mesa, AZ

"You really **brought me to tears.** I stopped talking to my dad because he left our house because he was a drug addict. By listening to your story - I was able to see that it was the drugs running his life."

Martin N., Saratoga, NY

I really got to take a look at his perspective and understand all the emotional stress and physical toll his addiction had taken on him. I feel that he really connected with the audience and the retelling of **his whole story showed that addiction can be overcome...** I felt that he was very direct and **he wasn't just another adult telling us not to do "bad things."**

H.S. Sophomore, Dallas TX

"It is pretty incredible that he was able to survive and turn his life around. **Alan is a tremendous example and inspiration for anyone who has battled addiction."**

Jasmine B. Fairfield, CT