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Alcoholism/Substance Abuse Took Me to the Bottom

Are you battling addiction? Is it putting your health, job, family, grade average or a lifeline to pull you, a friend, co-worker, or family member up from the depths of addiction, then Darryl Hagar's powerful talk is for you. The author of *The Man Overboard: How a Merchant Marine Officer Survived the Raging Storm of Alcoholism and Drug Addiction*, Darryl knows what it's like to be trapped in addictions that hijack your life and prevent you from achieving your personal and professional goals. A skilled ship's navigator, Darryl spent 20 years on the high seas working harder and longer than most of his shipmates, but his addictions cost him the rank of Captain.

In this riveting talk, Darryl, known as "The Man Overboard," tells how, high on drugs and alcohol, he navigated 900-foot super-tankers through the high seas and two Persian Gulf wars — an Exxon-Valdez-type disaster waiting to happen. Onshore, his life spiraled equally out of control, a saga of bloody bar fights and loaded shotguns, sex and gambling addictions, arrests for DUIs and domestic violence — even binges on Nyquil. His talk intrigues listeners with its rough and raw tales of reckless behavior in exotic ports of call, harrowing escapes from authorities around the globe, and risky escapades that are still legend in Singapore and shipyards throughout the world.

Darryl's daredevil behavior — and how he finally got help — is the perfect keynote speech for high schools and colleges, business and corporate groups, community organizations, maritime academies, and military bases. No matter what troubles or tragedy drove you or someone you care about to dangerous addictions, his heartfelt presentation will open the door to recovery. In fact, many in the audience take their first step toward getting help right on the spot as he shows how any addiction can be faced and conquered. Darryl finally hit bottom when, drunk and confused, he flew to the wrong city for a work conference and was forced to admit he needed help. "I got down on my knees and said, 'God, I can't live like this anymore. Either save me or take me,'" he recalls. His life-changing talk reveals how, after 27 years trapped in a prison of addiction, he found the courage to seek help and get sober.

If you or someone you know has a drug or alcohol program, this talk will help them break free. You'll learn how to spot the warning signs of addiction, escape the prison of silence, and get help now. "My mission is to give my audience help and hope because I know that no matter how bad it gets, or how hopeless it feels, you or your friend, colleague or loved one *can* succeed at sobriety. My goal is for people to leave my talk able to admit that they have a problem, eager to break free and seek help, determined to live the life of purpose and passion they deserve."

