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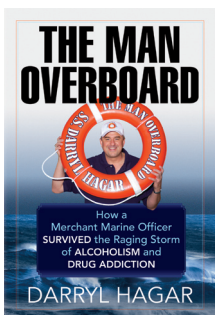
Biography: Darryl Hagar
Author – The Man Overboard

Darryl Hagar is passionate about his recovery and committed to helping others find the strength and support needed to reclaim their lives from the insidious affects of addiction. As a motivational speaker, Darryl has addressed hundreds of groups and shared his message of empowerment and responsibility. Today, Darryl adds the title of author to his resume with the release of his memoir, *The Man Overboard* "How a Merchant Marine Officer Survived the Raging Storm of Alcoholism and Drug Addiction"

A graduate of Maine Maritime Academy, class of '85, Hagar went to sea as an Able Body Seaman with Military Sealift Command where his role focused on ship maintenance, maintaining mooring lines as the ship's cargo was loaded and unloaded, and steering the ship in and out of port. After a year-long stint with Crest Oil Tankers, in 1987 he moved on to Maritime Overseas Corporation and gained the designation Third Mate where he was responsible for standing the bridge watch, supervising the able body seaman, ensuring shipboard safety practices were adhered to and was in charge of running the ship's pumps and valves during the loading and unloading process. Promoted to Second Mate in 1990 Hagar attained his professional goal of becoming the ship's navigator. The navigator's primary role is laying out the voyage, maintaining charts, radar and other electronics and includes the responsibility of ship's radio operator. Moving on to Alaska Tanker Company in 1999, Hagar earned Chief Mate status. He retired from the industry in 2005.

Now Hagar calls the Port of Portland, Maine his home where he lives with his 9 year old son, Darryl II. Since completing his memoir he is preparing for a nationwide book tour beginning in March. He still spends significant time visiting jails, colleges and high schools talking about drug and alcohol dependency and helping people spot trouble signs of addiction – all the while carrying forward the message that no matter how far you've sunk, there is hope for recovery.

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Book Summary: **The Man Overboard**

How a Merchant Marine Officer Survived the Raging Storm of Alcoholism and Drug Addiction
By Darryl Hagar

A decades long voyage to the bottom had finally come to an end – not in personal tragedy, or death, or even ecological disaster, but rather in hope and promise.

One man's tumultuous 25 year round-the-world odyssey, shrouded in the haze of drugs and a sea of alcohol, and punctuated by indulgence, abuse, fear, illicit sex, violence, and frequent jail time, is painstakingly and painfully documented in this 500 page memoir, *The Man Overboard*.

Darryl Hagar, clad in his immaculate dress whites was high on cocaine even as he strode across the stage at his graduation ceremony. Four years of strict, regimented life at Maine Maritime Academy had failed to uncover his underlying weakness for drugs and alcohol. Now, with diploma in hand, he was about to embark on a career navigating 900 foot supertankers through some of the world's most dangerous waters.

Submerged in a double life, Hagar was one man aboard ship and a veritable one-man wrecking crew while ashore. Faced with his newly assigned ship, S/T Kenai dry-docked for repairs in Singapore; Hagar fought a battle with himself over taking the job. *"Singapore is a beautiful, clean city with thousands of pretty women from all over the world. Sailors requested duty at Sembawang Shipyard. Why would anyone want to turn down what amounted to perfect duty? But I was afraid of what I might do to myself."*

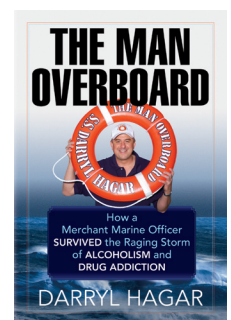
By day, Navigator Hagar was the picture of efficiency, updating all of the charts for the Kenai, and even doing the same for his 'permanent' ship the S/T Prince William Sound, also in dry dock at the time. But at quitting time Hagar walked down the gangway and into a different world. *"It didn't take long before I found her, an exotic Thai woman I'll call True-Love. Perfect body, beautiful skin, beautiful white smile that invited me to take her home and do things to her I can't write about. I walked up to her. She smiled and wrapped both arms around me as if we were reuniting after years apart."* What followed is now legend in Singapore and perhaps shipyards throughout the world.

Hagar finally surfaces from his personal alcohol-filled drowning pool in May of 2005 while on a flight from Portland, Maine to Portland, Oregon -- en route to an oil industry leadership conference. In an instant of clarity he decides to make a call to the only person he could think of; having alienated all of his friends and family, it was his only option. The voice at the other end of the phone was a man he barely knew; a man who owed Darryl nothing, yet a man who had the power to grant him his chance at recovery. That call changed his life and positively influenced hundreds if not thousands of others. And quite possibly averted another Exxon Valdez type disaster.

This rough and raw tale details more than two-decades of chaotic and reckless behavior through vivid accounts of exotic ports of call, unimaginably destructive acts, and harrowing escapes from authorities around the globe; culminating with the drama of recovery and an uplifting message of redemption.

The Man Overboard; Darryl Hagar; Trade Paperback; 604 pages including illustrations;
ISBN 1-4392-2269-x, 9781439222690; 6" x 9"; Publication Date: Available now! Price: \$29.95 The memoir is published by BookSurge, a subsidiary of Amazon.com, and available through amazon.com and themanoverboard.com.

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FOR LIMITED RELEASE

The Man Overboard

"How a Merchant Marine Officer Survived the Raging Storm of Alcoholism and Drug Addiction"

Release Date: Available now!

March 24, 2009 is the 20th Anniversary of the Exxon Valdez Oil Spill.

Ex-Supertanker Chief, Darryl Hagar Releases New Memoir of Life as a Drug Addict/Alcoholic on the High Seas

The Man Overboard, a vivid account of one man's tumultuous 25 year round-the-world odyssey, shrouded in the haze of drugs and a sea of alcohol, and punctuated by indulgence, abuse, fear, illicit sex, violence, and frequent jail time, is painstakingly and painfully documented in this 500 page memoir.

PORTLAND, Maine -- As the 20th anniversary of the Exxon Valdez disaster approaches on March 24th, 2009 former supertanker Navigator and Chief Mate Darryl Hagar releases his colorful and candid memoir of his experiences at sea, infamous exploits in port, and the drama of his recovery and redemption. The book, targeting all who are affected by the tragedy of drug and alcohol abuse, uses graphic, real-life events detailing Hagar's personal voyage into the hell of addiction to convey that no matter how far one sinks there is always hope for recovery. The memoir is published by BookSurge, a subsidiary of Amazon.com, and available through amazon.com and themanoverboard.com.

Written in Hagar's one-of-a-kind raw and rough style, his authentically gruff demeanor is splashed on every page. Drawn in by the compelling tales and sometimes exotic settings, readers will be shocked at this glimpse into the little-exposed epidemic of addiction at sea, and will come away amazed there aren't more shipping disasters like the Exxon Valdez. But it's the drama when Hagar returns home and his struggle through recovery that makes the book real and relatable. A broken relationship, nearly losing custody of his son, and alienation from his family and friends are just some of the costs Hagar pays and portrays faithfully in *The Man Overboard*.

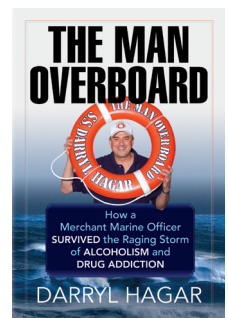
According to Michael Rabinoff D.O. Ph.D., and author of Ending The Tobacco Holocaust, "Darryl Hagar, 'The Man Overboard,' is a passionate speaker. He's down to earth and speaks from his real life experiences. He can wow a college audience, integrating the educational material that students need to hear with real life stories that will impact them emotionally so that they take his message to heart."

The Man Overboard; Darryl Hagar; Trade Paperback; **604 pages including illustrations; 6" x 9"**;
Publication Date: Available now!

Darryl Hagar is a native Mainer and a graduate of Maine Maritime Academy. He rose through the ranks to attain Chief Mate of Motor and Steam of any Gross Tons Upon Oceans. Clean and sober for four years, and retired from the shipping industry since 2005, Hagar has dedicated his life to helping others find the path to recovery through public speaking, and leading group sessions in colleges, churches, high schools, prisons, hospital recovery centers and other settings. With the release of *The Man Overboard*, Hagar hopes to reach even more people in crisis and help them on their voyage to sobriety.

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Hagar, Darryl

THE MAN OVERBOARD:

*How a Merchant Marine
Officer Survived the Raging
Storm of Alcoholism and
Drug Addiction*

BookSurge (604 pp.)

February 25, 2009

ISBN: 978-1-4392-2269-0

A former Merchant Marine's harrowing and ultimately inspiring tale of addiction, loss and spiritual redemption.

A native of Midcoast Maine, Hagar grew up in a home "full of happy memories" alongside four siblings and two doting parents. Then he hit his teens and discovered alcohol. The first time he got drunk, he felt "all warm inside, a little dizzy, and [he] started acting silly." A few hours later, he woke up in a "dark room on the floor, vomiting." From there, Hagar's life spiraled downward faster than a sinking ship. Fond of booze and marijuana, he soon slipped easily into habitual cocaine use. At the same time, Hagar dedicated himself to the high seas, studying at the Maine Maritime Academy and sailing across the world on hulking supertankers. He served during two military conflicts and eventually made it to Asia. Meanwhile, he struggled to balance a promising career with burgeoning private strife. And what strife: Hagar visited prostitutes, became embroiled in more than a few brawls

and in one bloody fight, swung around a loaded shotgun. Friends and family came in and out of his life, offering some consolation—in 1998, he decided to have a son with longtime lover, Jen, and Darryl Jr. was born a year later. But it was eventually Hagar who seized the captain's wheel and pulled himself back on track. He fought his urges and turned to religion, taking his recovery one day at a time. "I just might be able to pull this off," the author recalls thinking. "I might be able to help others get sober too." Filled with illustrations and extensive personal documentation—including police reports and mugshots—the book isn't easy to read, but the hope promised in the final chapters is reward enough. Hagar's now a public speaker, and this book will likely help him reach a wider, appreciative audience.

A compelling account of painful addiction and steely resolve.

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