



Real Recovery Podcast Inc.

PRESS KIT

Introduction:

Welcome to the press kit for the Real Recovery Podcast Inc., the go-to source for inspiring stories of hope and transformation within the recovery community. Co-hosted by Julie P. and Peter B., this podcast aims to shed light on the various facets of recovery and the incredible journeys of those who walk the path.

* An online version of this press kit can be found at: <https://www.realrecoverypodcast.com/press-kit.htm>

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Phone: [\(503\) 810-8851](tel:(503)810-8851)

Website: <https://www.realrecoverypodcast.com>

Podcast: <https://Listen.RealRecoveryPodcast.com>

About The Podcast:

Real Recovery Podcast Inc. is proud to be a registered **501(c)(3)** non-profit organization.

EIN: 99-1347297

OR State Registry Number: 226440493

Real Recovery Podcast, Inc. is a heartfelt program that brings real stories of recovery, resilience, and redemption to listeners worldwide. Each episode dives deep into personal narratives, offering insights and inspiration to those seeking guidance or understanding the world of recovery. In addition to personal stories, we highlight meeting spaces, recovery centers, and recovery organizations within the recovery community. As a dedicated voice for the recovery community in Portland, we strive to amplify the efforts and successes of local initiatives and individuals.

Host Biographies

JULIE P

A beacon of resilience and dedication, Julie is the Real Recovery Podcast co-host. With an East Coast origin and a transition to Oregon at 13, Julie's early life was a whirlwind of adaptation and change. Her high school years marked the start of a new life filled with opportunities, challenges, and significant transitions. Julie's path led her to Portland State University, where she encountered a party lifestyle that eventually introduced her to the darker sides of life, including methamphetamine use and the underground world of the escort service.

A series of tumultuous events, compounded by a broken heart, led to more substance use and the birth of her daughter. Determined to provide a better life for her child, Julie made the brave decision to enter a program for a drug-free pregnancy, going on to raise her daughter in a clean environment. However, life threw a curveball when she found herself caught in a sting operation with significant cash savings from the escort service, leading to incarceration.

Despite these hardships, Julie's inner strength propelled her to rebuild her life. She took to folding towels in a hotel basement, climbed up to a supervisory role, and eventually soared in a 19-year career with Sprint. Alongside her professional success, she experienced personal trials, including the loss of her mother and her daughter's father. Yet, she always found solace and guidance in her commitment to recovery and her AA meetings.

Her story took a significant turn during a stressful job transition, resulting in a breakdown and the diagnosis of trigeminal neuralgia. It was during this time that Julie bravely confronted and addressed childhood trauma, finding healing in intensive outpatient therapy and deepening her commitment to recovery.

Now, nearly 30 years sober and having navigated through the darkest of times, Julie is a testament to the power of resilience and recovery. With a clear vision for the future, she focuses on her sobriety, her role as a mother, her successful career, and her passion for sports. She is dedicated to ensuring that her personal journey serves as an inspiration for others, advocating that no matter one's past, a future full of hope and purpose is always within reach.

On the Real Recovery Podcast, Julie offers her wisdom, experience, and heartfelt empathy to listeners worldwide, encouraging them that they are never alone and always part of a greater, supportive community. Her story is not only a chronicle of triumph over adversity but a living message that recovery is an ever-present journey, not just a destination.

PETER B.

Peter B. is the candid co-host of the Real Recovery Podcast, a series dedicated to sharing the powerful narratives of recovery, resilience, and hope. From an early age, Peter grappled with his identity, facing challenges and societal pressures that led him to find solace in escapism through alcohol. It was not until his twenties that Peter openly embraced his identity as a gay man, which marked a pivotal point in his life.

Despite moments of success, Peter's journey was fraught with the perils of excessive drinking, leading to a tumultuous period filled with professional challenges and personal crises. He openly shares these moments of vulnerability, including encounters with law enforcement and the inner turmoil that often accompanies the quest for acceptance.

After years of struggling, a significant turning point came when faced with the stark reality of his actions and their impact on his loved ones. This realization led him to a life-changing decision to seek help and commit to recovery.

Peter's road to sobriety was paved with the support of recovery communities and the loving, if tough, love of new-found friends and mentors. He learned the importance of service within these groups and took on roles that gave him a sense of purpose and belonging. Through these experiences, he found the strength to rebuild his life, which now includes a fulfilling job and a happy home life with his husband.

Now seven years sober, Peter brings to the podcast not only his technical expertise from a career in managing audio equipment and conference centers but also a deep-seated desire to give back to the community that supported him through his darkest times. His story is a testament to the fact that no matter how difficult the past is, there is always a path to a better future, and he is a living example of 'real recovery.'

Peter's narrative is not just a story of personal success; it is a beacon for anyone navigating the rocky road to recovery. With his co-host Julie P., he hopes to inspire, educate, and offer a message of solidarity and hope through the Real Recovery Podcast.

CONNECT WITH US

Are you looking for a story of hope, strength, and transformation? The Real Recovery Podcast Inc. is a vessel for such inspiring tales, and we're more than happy to share them with you.

Contact us to learn more about our journey, our mission, and the incredible people we spotlight on our show.

Whether you're interested in diving deep into the specifics of our podcast, understanding the impact of recovery stories, or featuring our co-hosts' remarkable narratives in your publication or on your platform, we are here to open up the conversation.

Julie P. and Peter B. bring to the table not just their personal experiences but also nearly three decades of sobriety and a profound commitment to aiding others in their recovery journeys. They offer insight into the struggles of addiction, the triumphs of recovery, and the tireless effort to give back to the community that has supported them.

For interview requests, media inquiries, or more information about the Real Recovery Podcast, please reach out via:

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We welcome the opportunity to collaborate with journalists, media outlets, and anyone interested in the powerful stories of recovery. Together, we can amplify the message that no one is alone in their journey and that hope is always on the horizon.

**LET'S CONNECT AND SHARE THE PASSION THAT FUELS THE REAL
RECOVERY PODCAST WITH YOUR AUDIENCE.**