



## Off The Ropes: My Story

*Roland Vandal*

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# Off The Ropes: My Story

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## **Off The Ropes: My Story** Roland Vandal

Having been sexually abused by a boxing coach as a teen, and not knowing who to trust or tell, Roland Vandal found solace in drugs and alcohol. His battle with addiction, and his unwillingness to speak of his demons, lead to failed relationships, bad choices, crime, trouble with the law, and PTSD. After a night of partying with friends in 2001, Roland found himself alone in a Winnipeg hotel and attempted suicide. When he woke plagued by guilt and shame at what he had done, he knew he had hit bottom. He dialled the phone and sought help. Clean and sober for over a decade, Roland is now living a life he never dreamed possible. Filled with moments of humour, sorrow, despair, and triumph over adversity, Off the Ropes tells his story in the raw, from the abuse, to his addictions, to his successes in business and as a motivational speaker and advocate.

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