

Gary Stromberg

Author & Inspirational Speaker





Gary co-founded Gibson & Stromberg, a large and influential music public relations firm of the sixties and seventies. He represented such luminaries as The Rolling Stones, Pink Floyd, Muhammad Ali, Barbra Streisand, Boyz II Men, Neil Diamond, Ray Charles, The Doors, Earth, Wind & Fire, Elton John, Three Dog Night, and Crosby, Stills, & Nash.

Stromberg also spent time in the film business where he co-produced the motion pictures *Car Wash* for Universal Studios and *The Fish that Saved Pittsburgh* for Lorimar/United Artists. He's also co-written three books, *The Harder They Fall: Celebrities Tell Their Real-Life Stories of Addiction and Recovery* (Hazelden - 2005) and *Feeding the Fame: Stories of Famous People in Recovery from Eating Disorders* (Hazelden - 2007) and a third book for McGraw-Hill Publishing, entitled *Second Chances*, which came out in April of 2009.

He currently runs The BLACKBIRD Group, a public relations firm in Marina del Rey, California. Gary is also active in service work, having served as President of the Board of Directors of Positive Directions, a Center for Prevention and Recovery in Westport, CT, as well as being a mentor for over nine years. Stromberg also serves as a communications advisor for Faces and Voices in Recovery, a national advocacy organization based in Washington DC. He has two children, a son who's a senior at Cal St. Northridge and a daughter who's a sophomore at the University of Michigan.

Mr. Stromberg's entertaining presentation provides an informative and often humorous experience for a variety of audiences. His anecdotal approach is ideal for:

Employee Assistance Providers	College Students	Legal Conferences
Health Care Professionals	Faith Based Communities	Recovery Related Fundraising Events
Treatment Providers	Media	Individuals in Recovery & Families

Some of the topics he discusses include, but are not limited to the following:

Alcohol and Substance Abuse

Mr. Stromberg has been clean and sober in 12-step recovery for over 26 years. His presentations focuses on illuminating the disease of addiction and the various paths to recovery, including many stories of celebrities he has known and worked with during his lengthy entertainment business career.

The Harder They Fall – Hitting Bottom & Resurrecting to the Top
Second Chances- Redemption – Persona and Professional
Relapse Prevention

Presentations (Partial Listing)

12-Step Music Festival
Key West, Florida

Forum of the Entertainment Business
American Bar Association, New York

The Inside Edge
Foundation for Education , Irvine, CA

Recovery of Hope, Central Park United
Methodist Church , St. Paul, Minn

Legal Conference, Porter-Wright
Columbus, Ohio

Southern California Recovery
Summit

Annual Gala, Hina Mauka
Treatment Center, Honolulu, HI

Hazelden Professionals Conference
Honolulu, HI

Healing From Addictions, Mile
High Church, Denver, CO

Art of Recovery Expo
Phoenix, AZ

A Night to Remember
The Hazelden Foundation
(both Chicago and California)

Recovery in the Park, La Hacienda
Treatment Center, Kerrville, TX

Walk for Recovery
Tower Grove Park, St. Louis, MO

Media (Partial Listing)



**The Mighty Have Fallen; Here's Why
HBO Chief Is Latest in a Long Line of Creative People to Suffer a Public Fall**

He had it all -- climbing his way to the top of one of the most powerful entertainment companies in the world, only to hit what could be called rock bottom.

HBO chief executive Chris Albrecht stepped down at parent company Time Warner's request, after previously taking a leave of absence to get his alcoholism back in check following a weekend arrest in Las Vegas on suspicion of assaulting his girlfriend. [Read the full ABC News article](#)

The logo for Newsweek Health, with 'Newsweek' in white on a red background and 'Health' in white on a dark red background.

Newsweek Health

'There Is Hope'

In a new book, publicist and former drug addict Gary Stromberg reveals how he—and some of his celeb clients—got clean.

[Read the full Newsweek article](#)



To listen to the interview -- or read a summary of it -- [click here](#).

Media Continued

Psychjourney Podcasts



Listen to Gary's interview on [here](#)

In April 2005, Stromberg appeared on *The Big Idea with Donny Deutsch*, which airs nationally on CNBC. Stromberg talked with Deutsch about *The Harder They Fall*, as well as stories from his days working in the music business.

With the assistance of veteran writer Merrill, Stromberg, who ran a P.R. firm for musicians and produced films (Car Wash), provides a brief introduction to each subject before eliciting his or her first-person story. Stromberg, a former abuser of heroin, cocaine and alcohol, also shares his spectacular success in the 1970s and his equally dramatic drug-addled fall in 1980, when he lost his home, lover and career. Like many of those he interviewed, he became sober through traditional rehab and recovery programs. But Pete Hamill found his path to sobriety alone by deciding "to live my life without anesthesia, and that meant accepting the pain along with the laughs." Top jockey Pat Day describes how he was saved from drug and alcohol dependence through a commitment to born-again Christianity. The strength of these always honest and affecting anecdotes is, in fact, their variety of paths to recovery; the diversity should help this excellent volume appeal to a wide audience.'

Mancow's Morning Madness on the Talk Radio Network
National Syndicated

The Financial Warrior, CNN RADIO 1190 AM
KFXR Dallas/Fort Worth

[Just For Today](#)

an on-demand radio podcast that can be downloaded at
www.aajustfortoday.org.

Recovery Advocates
KABC - Los Angeles

Recovery Talk Network Radio
To listen to the interview [click here](#)

WNWS Jackson, Tenn
The Morning Show

KXOR New Orleans
The John DeLise Show

The AM Show
Cable Radio Network

7am, The AM Show
Cable Radio Network

KYYs Kansas City
The Morning Show - Max Floyd

KNUU Las Vegas
The News Hour

The Opening Bell with Don Lancer
KYW Philadelphia

KSLX-FM Phoenix
Classic Rock Morning Show with Marty
Mayfield

Cable Radio Network (CRN)
The nation's food, wine, travel
and entertainment

The Opening Bell with Don
Lancer
KYW Philadelphia

Dr. Harris Stratyner Show
WFAS New York

KBUL-AM, KEX (Clear
Channel Radio), Portland, OR
The Morning Show with Paul
Linnman

Recovery Coast to Coast
KHOO Seattle
[Listen to the audio!](#)

"Gary Stromberg's story is so amazing, riveting and inspirational that my fifteen years of sobriety, albeit a miracle, is so boring by comparison I'm considering stealing his identity."

- **Richard Lewis, Comedian**

"Sometime back I asked my friend Gary Stromberg to give a talk to our patients and staff at La Hacienda, and again another time at a large event we held called Recovery in the Park in front of about 1500 people. In both cases he was not only inspiring but also quite genuine and moving. Gary spoke eloquently, but more important, he spoke from the heart. I look forward when again time will allow him to share his inspirational insights with us."

- **Rich Whitman, COO, La Hacienda Treatment Center**

"Gary was the featured speaker for our Annual Crossroads Fundraiser in 2007. The event was one of our biggest successes, and Gary was a big part of that outcome. He gave a great talk and is a real pleasure to be around. We look forward to having him back in the future."

- **Lee Pioske, Executive Director, Crossroads**

"We are very grateful for Gary Stromberg's presentation at our annual Hina Mauka Recovery Center dinner event. Our large community and business oriented audience was moved between roaring from laughter to being spellbound on what addiction can do to individuals and their families. We were all riveted to our seats as we listened to the magic of his storytelling art. Long after the event, we still receive calls about how they were touched by his candid sharing of addiction and sincere encouragement about recovery. Aloha to Gary for his heartfelt message of hope."

- **Alan Johnson, President & CEO, Hina Mauka Recovery Center, Honolulu, HI**

"Gary's time with us at our conference was a joy! His storytelling is witty and insightful; he placed himself in the middle of our event and was a friend among friends immediately."

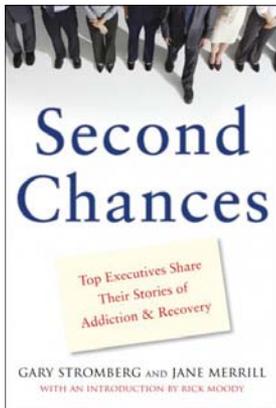
- **Toni B, Spirit of Houston, AA Convention**

"The Art of Recovery Expo is proud to have had Gary Stromberg as our keynote speaker. Gary is an approachable and real person. He has wit, humor and a powerful message."

- **Barbara Nicholson Brown, Founder, Art of Recovery Expo, Phoenix, AZ**

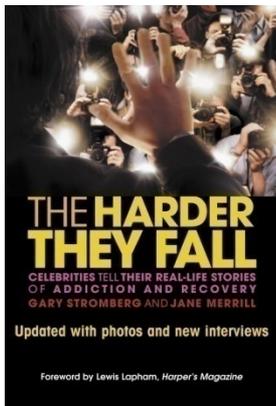
"You are a raconteur par excellence, and we were mesmerized by your presentation. Please know as you go forward and do your work, you have totally won our support and good wishes. It was a great gift to us that you took the time to come to the Inside Edge. You are truly an inspiration."

- **Adrian S. Windsor, Ph.D., Program Director, The Inside Edge, Foundation for Education**



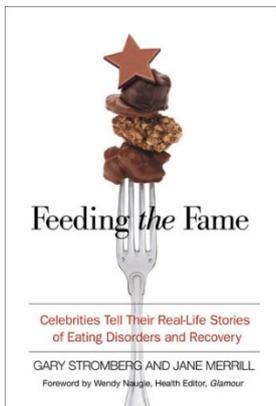
SECOND CHANCES: Top Executives Share Their Stories of Addiction and Recovery (McGraw-Hill)

Alcohol and drug addiction is all too common in the high-stress world of business. This powerful collection features 17 inspirational interviews with some of the world's most successful people in recovery -- including former White House Deputy Chief of Staff Michael Deaver, former president of CBS Records Walter Yetnikoff, celebrity chef Andrew Zimmern, and president of the Johnson Institute Johnny Allem. [MORE](#)



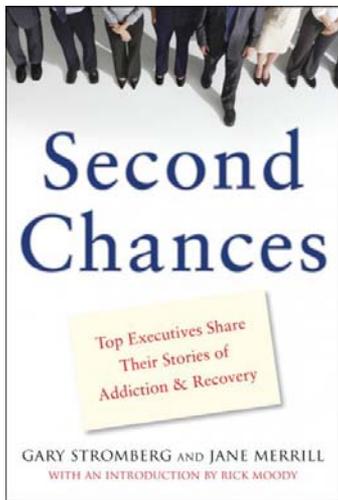
THE HARDER THEY FALL: Celebrities Tell Their Real-Life Stories of Addiction and Recovery (Hazelden Publishing)

The book centers on lengthy interviews with celebrities who have hit rock bottom as a result of their addiction and risen to achieve success while in recovery. Most, but not all, of the celebrities in the book reached peak stardom during the drug-induced sixties and seventies and are currently living lives of extraordinary accomplishment despite their battles with addiction. Unlike many celebrities of those two decades who crashed and burned, most of the people interviewed here are now at the crest of their lives and are winning. [MORE](#)



FEEDING THE FAME: Celebrities Tell Their Real-Life Stories of Eating Disorders and Recovery (Hazelden Publishing)

This book is a collection of inspiring interviews with renowned writers, models, actors, athletes, and other celebrities who have overcome eating disorders and who courageously share their personal struggles and triumphs. The headlines are filled with the names of people in the limelight who are beginning to speak openly about their tragic relationship with food and dieting in hopes of helping others afflicted with eating disorders. [MORE](#)



SECOND CHANCES: Top Executives Share Their Stories of Addiction and Recovery (McGraw-Hill)

Alcohol and drug addiction is all too common in the high-stress world of business. They reached the pinnacle of their careers in spite of-or sometimes because of-substance abuse. They struggled with sobriety while striving for success, often risking their professional lives on the road to recovery. Now, with honesty, courage, and insight, they share their remarkable stories. This powerful collection features 17 inspirational interviews with some of the world's most successful people in recovery including:

Michael Deaver, former White House deputy chief of staff, describes his recovery as “the single most powerful thing I've ever experienced”-even compared to meeting presidents and kings.

Andrew Zimmern, celebrity chef and TV personality, reveals how he applied the principles of recovery to his profession-“and that's when my career took off.”

Michael Glasser, CEO of Seven Jeans, worked hard and partied harder-until the threat of jail forced him to admit, “I needed help.”

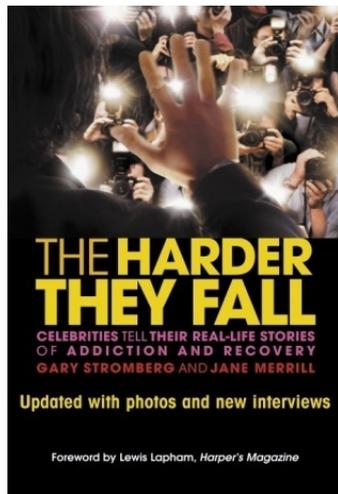
Walter Yetnikoff, former president of CBS Records, talks about leaving the music industry to find meaningful work that enhanced-and was enhanced by--his recovery.

You'll also hear from James Abernathy of the Abernathy-MacGregor Group, bestselling author William Cope Moyers, and ten other business leaders who found newfound success through the healing power of second chances.

Reader Comments:

“This is the antidote to James Frey's bogus memoir, A Million Little Pieces. It's all here. But the stories are TRUE! The chills and dark thrills of years of addiction, followed by hope and productive lives in recovery. A must read for those seeking answers to their problems with booze or drugs. Complements nicely the classics on addiction and recovery. Also, highly appropriate for families of alcoholics and addicts, not to mention business associates who are concerned about addiction problems in the work place.”

“This ranks with the best of books on the horror of addiction and the hope of recovery. Each story carries the essential ingredients: Experience, Strength, and Hope! The humility with which these icons of industry and politics convey their stories is what makes this collection especially compelling! “



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The book centers on lengthy interviews with celebrities who have hit rock bottom as a result of their addiction and risen to achieve success while in recovery. Most, but not all, of the celebrities in the book reached peak stardom during the drug-induced sixties and seventies and are currently living lives of extraordinary accomplishment despite their battles with addiction. Unlike many celebrities of those two decades who crashed and burned, most of the people interviewed here are now at the crest of their lives and are winning.

The generational focus provides a cultural history as well. The interviews and their introductions give readers a basic understanding of addiction, its process and its consequences. They also inspire, as the celebrities humbly reveal how human and vulnerable they are by disclosing information about the depths of their despair and the joys of their recovery.

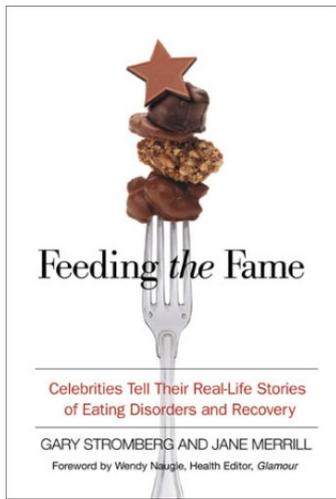
In **THE HARDER THEY FALL**, **Gary Stromberg** interviewed twenty-three celebrities in music, film, sports, politics and literature; people who crashed and burned from drug and alcohol addiction, only to rise to great achievement in sobriety. Stars like comedian **Richard Pryor**, US Congressman **Jim Ramstad**, rodeo cowboy **Destry Forgette**, renowned authors **Pete Hamill** and **Anne Lamott**, legendary rock musicians **Alice Cooper** and **Grace Slick** of Jefferson Airplane fame, tv talk show host **Glenn Beck**, former heavyweight boxer **Gerry Cooney**, New Orleans music great **Dr. John**, comic **Richard Lewis**, baseball legend **Dock Ellis**, Pulitzer Prize winning poet **Franz Wright**, Hall of Fame jockey **Pat Day** and singer/songwriter **Paul Williams**, are just some of the stars that shared their intimate stories with him.

Fascinating stories abound in this wonderful collective memoir. Did you know, for instance, that rocker **Grace Slick** once tried to give former President **Richard Nixon** LSD while attending a formal tea at the White House? Or that baseball legend **Dock Ellis** once pitched a no-hitter for the Pittsburgh Pirates while under the influence of acid. Funny stories, indeed, but he also shares that **Chuck Negron**, lead singer in **Three Dog Night**, arguably the most popular recording group of the early seventies, lost everything because of his drug addiction and ended up living in a cardboard refrigerator box on LA's Skid Row. These are just a sampling of some of compelling stories of addiction and recovery in **THE HARDER THEY FALL**.

What People Are Saying

Steven Tyler

As an alumni of Hazelden with a proud and grateful 18 years of sobriety, I will never forget just how hard I fell and how Hazelden's hot seat afforded me the opportunity to take a rigorous and hard look at my own behaviors around this disease called addiction. My own disease would like to tell you that my "isms" are now my "wasms". But as this book reads, it's an ongoing process that leads to the sweetest spirituality. My hat's off and great Kudos to those that share in their story like it is, for those of us that still need to hear it.



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This book is a collection of inspiring interviews with renowned writers, models, actors, athletes, and other celebrities who have overcome eating disorders and who courageously share their personal struggles and triumphs. The headlines are filled with the names of people in the limelight who are beginning to speak openly about their tragic relationship with food and dieting in hopes of helping others afflicted with eating disorders.

Excerpt:

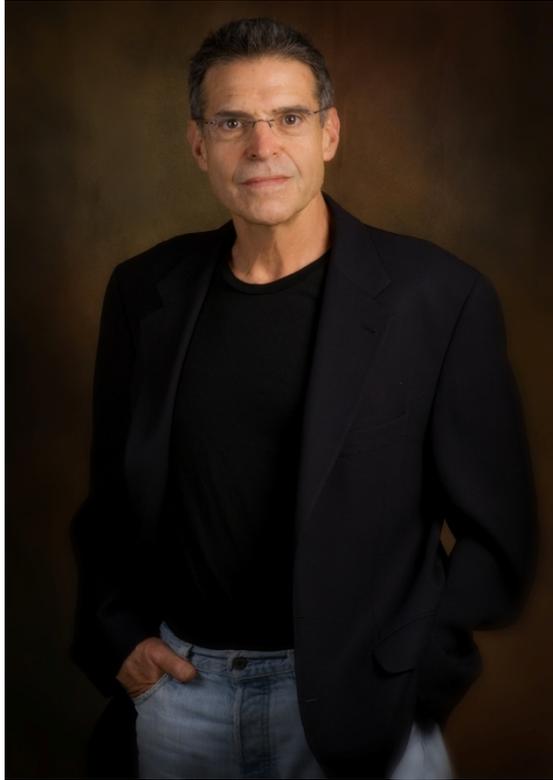
“From the outside, I didn’t have a reason in the world to be miserable, but I was. I was terribly lonely. I think that’s what’s so powerful about an eating disorder, how alone you feel and how completely ashamed you feel of yourself. And it’s strange to be on the covers of magazines and be that lonely.”

-Magali Amadei, Supermodel and Actor

Review:

“In *Feeding the Fame*, Stromberg and Merrill have produced an important book, a road map toward perspective and clarity. In this honest and revealing celebrity disclosure, the book provides something so many desperately need: recovery and hope.”

-Peter Greenberg, NBC Today Show.



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For more information about Gary Stromberg visit:

www.garystromberg.net