



Sober since 2001, Rob Lohman currently helps people suffering from substance abuse to find freedom from addiction and incarceration. He does this through sharing his testimony, [Professional Interventions](#) and [Recovery Coaching, Advocacy, Self-Published Author](#) and being the host of [Beyond The Bars Radio Podcast](#).

Rob has been through the ringer, **AND** keeps bouncing back. His rap sheet includes alcohol and drug addiction, gambling addiction, divorce, bankruptcies, mental health and suicide ideation, prison, recovery and transformation.

Rob's drinking career started at age 14 which lead to some very dark places in his life. The climax of Rob's drinking career happened on June 7, 2001 with a suicide attempt interrupted by the compassion of his dog Jake. Upon a divine intervention, Rob was freed from his substance abuse addiction which began a rollercoaster ride in recovery...to which Rob has yet to take another drink or drug since that day.

In year eleven (11) of his sobriety journey, Rob had an emotional nervous breakdown which lead to a thirteen (13) year prison sentence, to which he was released in 10.5 months to a halfway house where he started to rebuild his life, along with his two children and wife who decided to remain married to Rob after the breakdown.

Rob is now invests in the lives of those wanting to see positive change, whether it is coming out of addiction, prison or just wanting more for their lives. He is a dynamic speaker and shares an extremely powerful journey of persistence, faith and inspiration.

Remote or face-to-face interviews, please contact Rob via [rob@liftedfromtherut.com](mailto:rob@liftedfromtherut.com) OR 970.331.4469

Topics Rob Can Discuss	Rob's Speaking Appearances	Emcee Events
<ul style="list-style-type: none"> <li>• Alcohol and Drug Addiction</li> <li>• Gambling Addiction</li> <li>• Addiction Recovery Triggers</li> <li>• Living a Transformed Life</li> <li>• Suicide Ideation</li> <li>• The Chaos of Self-sabotage</li> <li>• The A.R.T. of Interventions</li> <li>• Developing a Solid Recovery</li> <li>• Mental Health Breakdown</li> <li>• Self-discovery Through Incarceration</li> <li>• Criminal Restitution Interest</li> <li>• Fathering from Prison</li> <li>• The Fear of Success</li> </ul>	<ul style="list-style-type: none"> <li>• AM670 KLTT</li> <li>• <a href="#">AM910 KPOF</a></li> <li>• <a href="#">The Angie Austin Show</a></li> <li>• The Real Traci Rock Show</li> <li>• <a href="#">The Mental Health News Radio</a></li> <li>• TV8 in Vail</li> <li>• <a href="#">Beyond Risk and Back</a></li> <li>• <a href="#">FREE Spiritual Community</a></li> <li>• <a href="#">Prison Fellowship</a></li> <li>• The Addictions Academy</li> <li>• This Naked Mind</li> <li>• Various other Podcast shows</li> </ul>	<ul style="list-style-type: none"> <li>• The God Rally Project FREE 3 Day Christian Music Festival</li> <li>• <a href="#">Navigating The World of Addiction Event 2016</a></li> <li>• Navigating The World of Addiction Event 2017</li> <li>• Jacob Grose Fundraiser</li> <li>• Sober Open Mic Nights</li> <li>• Rally for Recovery in Colorado Springs</li> <li>• Recovery Unplugged Sober Sessions</li> <li>• Bingo Fundraiser at FRCS</li> </ul>



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