

the courage to change

— a recovery
podcast



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PODCAST DETAILS

DESCRIPTION

The Courage to Change: A Recovery Podcast was created to share inspirational stories of recovery that illuminate the various paths people take and how they came out of their hardships.

Created to be a comfortable and intimate interview format, the podcast makes listeners feel right at home while listening to guests share the gritty details of their stories and the details of how they were able to overcome.

RECOVERY TOPICS

Conversations and analysis of various topics that regularly arise when discussing recovery:

- Trauma
- Domestic Violence
- Grief
- Suicide
- Addiction
- Anxiety
- Abandonment
- Eating Disorders
- Sexual Dysfunction
- Gambling
- Sexual Abuse
- Depression

MEDIA REACH + LISTENERS



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total downloads



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1,900+
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6,700+
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12,000+
reach

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ABOUT THE HOST

ASHLEY LOEB BLASSINGAME

CAI, CRPS, CADC-II

Ashley's experience with substance abuse started from a very young age, and took her to the brink of death. From drinking in her closet at age 7, to using cocaine in middle school, to being kidnapped, to hiding vodka in her water bottle at her first NA meeting, to going through multiple treatment centers and almost dying in an overdose...she is living proof that recovery is possible for anyone, no matter how bad their situation may be.

Ashley got sober in January of 2006 and recently celebrated 14 years of recovery. She graduated from UCLA in sobriety, and she is the Co-Founder and Chief People Officer of Lionrock Recovery. Ashley is happily married to a sober husband, and is proud to be a sober mom of 3-year-old twin boys.

REVIEWS



"Wow! I was seriously blown away by the first episode of this podcast and once I listened to episode two I'm already anticipating the next. Both Ashley and Bahan tell their stories in such a relatable way and these women are truly an inspiration. Thank you for sharing and giving others the courage to change!"

"What an incredible story. Raw, real and remarkable!!"

"The After the Episode is the perfect companion to Episode 1. Episode 1 was a powerful personal story and Episode 2 brought such thoughtful context and nuance to the discussion. The part about stigma got to the core of why it's important to share and lead by example. Great dialogue about how recovery and insight are revealed in layers to protect us and guide us. And Ashley, you did a great job talking about the void as not being automatically filled and fixed by recovery but requiring a consistent drip of connection, self-care, and hard work. "Be afraid and do it anyway" is exactly the model of courage that propels these authentic conversations and touches people. Kudos - very excited to listen to more."

"Not only is this podcast inspiring and motivational, but it's also so entertaining! This is a great find for anyone in recovery or have family members in recovery!"

"I love the honesty from those involved in this podcast and the interviews. I've seen that sharing your story can impact and inspire others to grow. This is a great way to let people know "they're not alone" and that there is hope and a way out to live your best life. Can't wait for the next episode!!!"

"A true message of courage and recovery. Simply amazing!"

"Hilarious, insightful, relatable, generally entertaining, illuminating - all the things! Think Brene Brown + Invisibilia + a tiny bit of Chelsea Handler snark. If you're even curious, just try one whole episode. It's worth your while even without a history of addiction."

