THE BECOMING WHOLE SERIES

DAVID GARCIA

Author • Father • Man in Recovery

Honest memoirs about alcoholism, fatherhood, second chances, and the difficult work that begins after survival.

Sober since June 16, 2024

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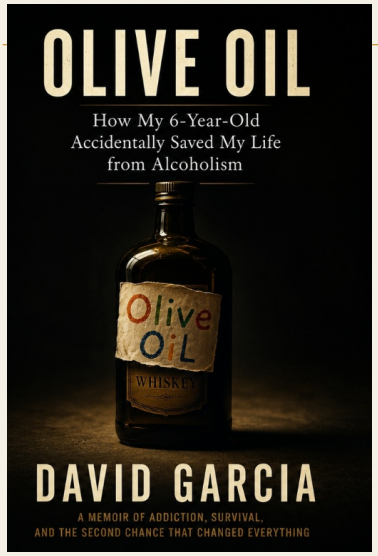
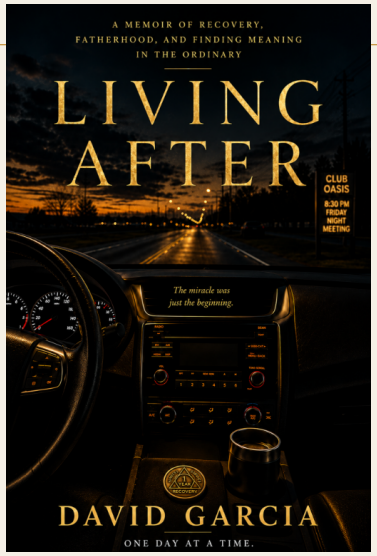




TWO MEMOIRS. ONE CONTINUING JOURNEY.

Recovery taught me how to survive.
Becoming whole taught me how to live.

David Garcia writes for readers who have struggled with addiction, shame, regret, loneliness, or the fear that it may be too late to change. His work is raw, reflective, and rooted in lived experience.

AUTHOR PROFILE

A voice for the work that begins after survival.

SHORT BIO

David Garcia is an author, father, and man in recovery who writes about alcoholism, sobriety, fatherhood, second chances, and the messy, beautiful process of becoming human again. His memoirs Olive Oil and Living After follow one continuing journey: choosing to live, then learning how. Sober since June 16, 2024, he lives in South Florida and writes for readers confronting addiction, shame, regret, and the fear that it may be too late to change.

FULL BIO

David Garcia is an author, father, and man in recovery whose work explores alcoholism, sobriety, fatherhood, second chances, and the difficult process of becoming whole. His first memoir, Olive Oil: How My 6-Year-Old Accidentally Saved My Life from Alcoholism, tells the deeply personal story of how his daughter became the unexpected reason he finally chose to fight for his life. His second memoir, Living After, continues beyond the dramatic turning point. It examines what happens when the cheering quiets down, real life returns, and the harder work begins: rebuilding trust, living with regret, rediscovering identity, and learning how to become the father his daughter deserved. David does not present recovery as easy, clean, or instantly transformative. His writing is candid, reflective, and grounded in lived experience. Through The Becoming Whole Series, he hopes to reach readers who need to hear that their past may explain them, but it does not have to own them. David lives in South Florida and continues to write about recovery, fatherhood, healing, and the ongoing work of becoming human again.

CORE POSITIONING

Recovery taught me how to survive.
Becoming whole taught me how to live.

PRIMARY THEMES

- Recovery after the turning point
- Fatherhood, trust, and repair
- Shame, regret, and accountability
- Writing from lived experience

IDEAL AUDIENCES

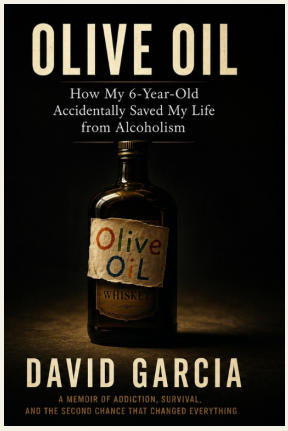
- Recovery communities
- Parents and families
- Memoir readers
- Men rebuilding their lives
- Faith and second-chance audiences

FORMATS

- Podcasts and radio
- Print and digital interviews
- Book clubs
- Virtual conversations
- Recovery and community events

THE BOOKS

One story is about choosing to live.
The next is about learning how.



BOOK ONE

OLIVE OIL

How My 6-Year-Old Accidentally Saved My Life from Alcoholism

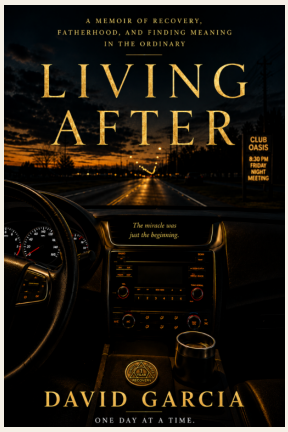
CHOOSING TO LIVE.

A deeply personal memoir of addiction, survival, and the second chance that changed everything. David's six-year-old daughter becomes the unexpected reason he finally breaks through years of denial and fights for his life.

BOOK FACTS

Published: November 19, 2025 | Series: Book One
Formats: eBook, paperback, hardcover | Imprint: Independently published
Paperback: 105 pages, 6 x 9 in | ISBN 9798275137200
Hardcover: 105 pages, 7 x 10 in | ISBN 9798275533750

Book details and purchase options



BOOK TWO

LIVING AFTER

A Memoir of Recovery, Fatherhood, and Finding Meaning in the Ordinary

LEARNING HOW TO LIVE.

A candid continuation of the journey into what happens after survival - when the applause fades and the harder work of rebuilding trust, identity, responsibility, and fatherhood begins.

BOOK FACTS

Published: July 4, 2026 | Series: Book Two
Formats: eBook, paperback, hardcover | Imprint: Independently published
Paperback: 140 pages, 6 x 9 in | ISBN 9798185473504
Hardcover: 140 pages, 6 x 9 in | ISBN 9798185558478

Book details and purchase options

> *"It shows what addiction truly looks like - the denial, the damage, and the slow, steady work of rebuilding yourself."*
>
> **- Joy, Amazon reviewer**

INTERVIEW TOPICS

Conversations grounded in lived experience.

01 What happens when the applause stops

Why the dramatic turning point is only the beginning - and why ordinary life can become the real test of recovery.

02 A six-year-old, a bottle, and the choice to live

How a daughter's presence broke through denial and became the unexpected reason a father finally fought for his life.

03 Fatherhood after addiction

Repairing trust, accepting consequences, and learning to become present without demanding immediate forgiveness.

04 Why treatment did not work the first time

Leaving treatment believing the crisis was over, relapsing, and learning that wanting to save a marriage was not the same as being ready to change.

05 Why ordinary life is not a consolation prize

Finding meaning in routine, responsibility, and the quiet life that once seemed impossible.

06 Writing memoir without pretending to be finished

Telling the truth about an unfinished life while protecting dignity, complexity, and the people inside the story.

SAMPLE QUESTIONS

A ready-to-use conversation guide.

- What made your daughter the person who finally broke through your denial?
- Why do you describe survival as the beginning rather than the finish line?
- What surprised you most about life after the dramatic turning point?
- How did recovery change your understanding of fatherhood?
- What does rebuilding trust look like when apologies are not enough?
- Why did treatment not work the first time, and what changed when you returned?
- Why can ordinary life feel uncomfortable after years of chaos?
- How did writing Olive Oil differ from writing Living After?
- What do you hope readers who feel it is too late to change take from your work?
- What does becoming whole mean to you today?

BOOKING & MEDIA

Available for thoughtful conversations.

David Garcia is available for podcast and radio interviews, author conversations, book clubs, recovery organizations, fatherhood conversations, and community events.

EMAIL

david@davidgarciaauthor.com

LOCATION

South Florida, United States

High-resolution author photographs, book covers, and approved promotional graphics are available upon request.

SELECTED MEDIA

Released & upcoming

Sober Not Mature - Episode 243
Released October 17, 2026

Sober Strong
Released September 2026

Art of Recovery
Released October 2026

The Sober Fix
Recorded Sept. 14 | Release date unverified

The Way Out Podcast
Recorded October 4 | Awaiting release

Recovery Vow Podcast
Recorded Aug. 26 | Planned Nov. 2

The Willpower Podcast
Recorded August 24 | Coming soon

LINKS

Official website

Books and purchase options

Media assets and podcast information