

Life Is Best Served Sober: A Raw and Powerful Memoir by Grant Rolley

Grant Rolley's Life Is Best Served Sober is a raw, honest memoir of addiction, recovery, and redemption, offering hope to anyone seeking a life worth living.

AL, UNITED STATES, August 14, 2025
/EINPresswire.com/ -- Success.
Addiction. Redemption.

Grant Rolley's *Life Is Best Served Sober* is a fascinating, persistent, and convincing ride through addiction, recovery, and the establishment of a life worth living. The memoir is now available, unveiling the highs and lows of a man who fought his demons and came out stronger on the other side of this fight.

Born with a natural ability for tennis in a small town, Rolley was meant for greatness. His gift took him to championship courts, but under the victories, addiction brewed. What began as a way to celebrate victory soon became a life of self-destruction, testing his relationships, career, and identity to the breaking point.

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Success. Addiction.
Redemption.”

Grant Rolley

With unflinching honesty, along with a wicked sense of humor, Rolley pulls back the curtain on addiction, recovery, and the cold, hard realities of rebuilding a life from ground zero. Alternating between colorful recollections of his triumphs as well as his failures, Rolley's tale is not a story

of failure, but rather one of resilience and hope.

Life Is Best Served Sober is not just a book of redemption but a message of hope for everyone who is battling addiction or trying to begin their life over. Grant Rolley welcomes the reader into



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his life and provides them with a light of hope for those of us who are trying to find redemption in our own lives.

About Grant Rolley

Grant Rolley is a former champion tennis player whose on-court career was tainted by addiction. After hitting rock bottom, he developed the strength to change, pledging to stay sober and helping others in return along the path of redemption. *Life Is Better Served Sober* is his first memoir, and in it, he is determined to inspire others to embrace their demons, fight for their tomorrow, and live a life that is truly worth living.

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Grant Rolley - champion, mentor, and 40 years sober

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