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One Last Hit

The remarkable true story of an addict's journey to find himself. A memoir by Austin Rampt.

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THE BOOK

Eight rehabs. Jail. A shattered family. Living with the Sinaloa Cartel.

One Last Hit is the true story of a boy from Tampa who went from baseball All-Star to IV heroin user, fled the United States on a JetBlue flight to dodge a court-ordered rehab, and spent roughly eighteen months in Mexico inside the orbit of the Sinaloa Cartel before coming home with nothing but a borrowed twenty dollar bill.

It is not a tidy recovery arc. Austin writes about the parts most memoirs leave out: the twisted love an addict feels for the needle, the humor inside the wreckage, the mock funeral his friends held while he was still alive in Cancun, and the therapist's question that finally landed. Today he is sober, married, a father of five, and runs a seven figure business.

CORE HOOK

"At ten years old I made involuntary noises in class and got laughed out of rooms. By high school I was selling drugs across Tampa. By my mid thirties I was fleeing a court mandated rehab on a JetBlue flight, landing in Cancun on my AMEX card, and falling into the orbit of the Sinaloa Cartel."

Why audiences stay

A completely different frame on what addiction actually looks like from the inside. Darker, funnier and more honest than most people expect.

Who it is for

People in recovery and the families around them, true crime listeners, and anyone who likes a survival story that happens to be true.

Austin Rampt, author of One Last Hit

ABOUT AUSTIN

The guy who made it out

Austin Rampt grew up between Tokyo and Tampa, an overweight, twitchy kid who found peace for the first time in a garage full of beer at thirteen. What followed was two decades of escalation: weed and LSD, Xanax and OxyContin, crack, meth and finally heroin. He sold to fund it. He was arrested for it. At twenty one he had a heart attack and woke up in the ICU with his mother asking what was left of her to give.

After eight rehabs and a Marchman Act filed by his own family, he ran. Cancun, Cozumel, Playa del Carmen, Isla Mujeres, Mexico City. He burned through a half million dollars, spent $10,000 a week at his peak, bought two Rolexes with cash to flip for a kilo, and came home broke after someone in the cartel circulated photographs of him for a ransom kidnapping.

He got sober in Delray Beach. He met his wife Haley on Bumble and told her everything on the first date. They married in 2018 and have five children. Austin now hosts the One Last Hit Podcast, interviewing people who came back from the same edge, and speaks to recovery communities, treatment centers and business audiences about what sobriety looks like once real life kicks in.

Austin with Haley and their five children

Short bio, for show notes

Austin Rampt is the author of One Last Hit, the true story of his descent from baseball All-Star to IV heroin user, his flight to Mexico inside the orbit of the Sinaloa Cartel, and the road back. He is sober, married, a father of five, a business owner, and the host of the One Last Hit Podcast.

INTERVIEW TOPICS

Five conversations he can carry

01 · MEXICO AND THE CARTEL

A chapter that is hard to believe and impossible to forget. Austin spent time in Mexico under circumstances most people will never come close to experiencing, including a near kidnapping and a night spent across from a dealer holding a pistol.

02 · EIGHT REHABS, AND WHAT ACTUALLY WORKS

Austin went through the system multiple times and has a ground level perspective on what helps, what does not, and why people keep relapsing.

03 · SOBRIETY WHEN LIFE GETS REAL

He runs a seven figure business while staying sober. What recovery looks like after the early honeymoon days end, with a marriage, five kids and payroll.

04 · ADDICTION AS A FAMILY DISEASE

The Marchman Act his family filed, the mock funeral his friends held, his mother in the ICU, and the daughter's Father's Day sign that broke him.

05 · THE STORIES MOST GUESTS WILL NOT TELL

The near deaths and the dark humor inside the wreckage. Austin goes places most guests will not, and listeners feel every second of it.

Sample questions

- What does the first hit actually feel like, and why is that the part nobody says out loud?
- You boarded a flight to Cancun to avoid a court ordered rehab. Walk me through that morning.
- How does a guy from Tampa end up in a room with people who answer to the Sinaloa Cartel?
- You went through eight rehabs. What was different about the last one?
- What did your family do that helped, and what made it worse?
- You run a company now. What happens when stress hits and the old answer is still in your head?
- What do you want someone listening in active addiction right now to hear?

Austin is candid and easy to talk to, and he will go wherever the host wants to take it. Nothing is off limits.

THE RECORD

Facts and quotes

FACT	DETAIL
Rehabs	Eight, ending at Next Chapter in Delray Beach, Florida
Jail	35 days at Falkenburg Road Jail, Tampa, for possession
Heart attack	Age 21, found facedown in a trailer, woke up in the ICU
Time in Mexico	About 18 months: Cancun, Cozumel, Playa del Carmen, Isla Mujeres, Mexico City
Money	Left with over $500,000 in savings and credit, spent about $10,000 a week at peak, came home broke
Today	Sober, married to Haley since 2018, five children, business owner, podcast host, Orlando, Florida

OPENING LINE

"Sticking needles in your arm for fun is NOT normal. But what comes next is a strange, twisted kind of love only a junkie understands."

Quotes hosts use

"It was like passing under an overpass in a rainstorm. The noise stopped, just for a moment, and there was peace."

ON HIS FIRST DRINK

"Do you want my blood? Because I have nothing left to give you. You've taken it all."

HIS MOTHER, IN THE ICU

"What does this baby have to do to deserve love? Nothing. And neither do you."

MALIA, HIS THERAPIST IN THE FINAL REHAB

DETAILS & BOOKING

Where to find the book

FORMAT	LINK
Hardcover · $24.99	amazon.com/dp/B0HKDFZCNM
Paperback · $19.99	amazon.com/dp/9699599987
Kindle ebook · $2.99	amazon.com/dp/B0HJV2N32T
Audiobook	shop.onelasthitbook.com and Audible

Book details

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Podcast

The One Last Hit Podcast, new episode every Tuesday. Available on YouTube, Spotify, Apple Podcasts and at onelasthitbook.com/podcast.

Booking and press

Email: austin@onelasthitbook.com
Schedule directly: meetwithaustin.com
Interviews: 30 or 60 minutes, remote or in person
Based in Orlando, Florida, Eastern time

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FOR HOSTS

Want a copy before the interview? Email Austin and he will send the ebook. High resolution author photos and the cover file are available on request.