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Ryan Castleberry media kit

Verified biography, book facts, interview directions and host notes for a useful conversation.

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ONE-LINE INTRODUCTION

Author, veteran, father and working leader.

Ryan Castleberry is a U.S. Air Force TACP veteran, father, oilfield leader and author of *Mountains, Monsters & Mercy*, a memoir about survival,

[Skip to content](#) and the small actions that make repair possible.

Short biography

Ryan Castleberry is a father, U.S. Air Force TACP veteran, oilfield leader and traumatic brain injury survivor. After fire, flood, financial collapse, relationship loss and a motorcycle wreck, he began rebuilding through small, repeatable practices rather than one dramatic breakthrough.

His memoir, *Mountains, Monsters & Mercy*, follows the failures, people and hard truths that shaped that climb. Ryan writes for fathers, veterans, working people and anyone learning that mercy and accountability can occupy the same room. His practical framework is built on four anchors: Movement, Reflection, Connection and Mercy.

INTERVIEW TOPICS

Where the strongest conversations begin.

The two-dollar parenting moment

The ordinary request that exposed a much larger failure and became the book's opening.

The only real apology is change

Why words lose their weight when behavior does not follow—and what a living amends can look like.

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Retiring the warrior

How survival habits can help under pressure and harm in relationships where no one is attacking.

Working-class mental health

The private cost of high-pressure culture, discussed as lived experience rather than clinical advice.

Fatherhood and estrangement

Building a record of responsibility without demanding access, forgiveness or a clean ending.

The Four Anchors

Movement, Reflection, Connection and Mercy as practices—not promises.

VERIFIED FORMAT FACTS

Mountains, Monsters & Mercy

Subtitle: A Father's Journey Through Loss and the Daughter Who Showed Him the Way

Structure: 18 chapters, four parts, plus the 30-Day Climb and resources

Paperback ISBN: 9798994636800

Hardback ISBN: 9798994636817

Ebook ISBN: 9798993754802

[Book page and retailer links](#)

Host notes

- Ryan can discuss his lived experience but does not provide medical, legal or therapeutic advice.
- Ask before pressing into family details beyond the published book.
- The most useful conversations allow complexity; avoid forcing a trauma-to-triumph ending.
- Use only dated, verified public claims about the book and Ryan's work.

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STIONS

Questions that open the right door.

01

Why did the French fries moment become the opening chapter?

02

What did you once believe being a good father required?

03

What is a living amends, and what is it not?

04

What did “retire the warrior” mean in your life?

05

How did traumatic brain injury change the way you understood your reactions?

06

How do mercy and accountability coexist?

07

What are the Four Anchors, and how can someone use one today?

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