

Podcast Media Kit – 2025

I Drink My Coffee Black and My Whiskey Neat

About the Podcast

This isn't a podcast about headlines or small talk. It's about saying what's real. *I Drink My Coffee Black and My Whiskey Neat* blends introspective mornings with bold, unfiltered nights. Each episode alternates between 'Coffee' reflections and 'Whiskey' truths, told through the voice of veteran, father, and thinker, Ron Eastman.

About the Host

Ron Eastman is a Gulf War veteran, former bodyguard, and the voice behind this podcast. He spent over a decade in the military and years protecting lives in high-risk regions. Today, he lives with complex health challenges and cognitive shifts — and uses this show to speak what's often left unsaid. It's a space for memory, meaning, survival, and reflection.

Where to Listen

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