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Carlene is the co-author with Roland Vandal of the book, Off-The Ropes: Our Team. The Race to Peace Off-The Ropes: My Story .

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Roland Vandal is a former boxer and business owner. His battle with addiction, and his ongoing struggle with PTSD has lead him to become a crusader for mental health

Roland vandal (@rolandvandal) | twitter

Author of Off The Ropes, My Story Experiential/Motivational Speaker with breakingthechain.ca. New to Twitter? Sign up. Roland Vandal @RolandVandal Jun

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Roland vandal (author of off the ropes)

Roland Vandal is the author of Off the Ropes (5.00 avg rating, 1 rating, 0 reviews, published 2014)

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