

Local businessman Timothy Moylan shares his inspirational story

**By Jennifer Tronson
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Timothy Moylan is well-known throughout the area as the owner of Shelby Paint and Hardware and for his friendly attitude, willingness to help others and his generosity. What many don't realize is there is a lot more to Moylan's story than meets the eye. For years he struggled with alcoholism, depression, broken relationships, legal trouble and near-death experiences. Moylan recently had his first book published, an autobiography giving an in-depth look into his life and the challenges he overcame with faith, and ultimately finding hope through recovery, to be where he is today. The book shares his story of the dark path that nearly cost him everything, including his life.

"Rock Bottom Has a Basement" was officially released on July 17, 2026, and so far the reviews are nothing short of amazing. Currently the book can be bought locally at Shelby Paint and Hardware and the Prairie Peddler. It can also be ordered online through Amazon, Barnes & Noble and Walmart.

"I plan to expand distribution to additional bookstores and retail locations throughout Montana, Nebraska, and the surrounding region, making the book more accessible to readers who prefer to shop locally," said Moylan.

Moylan credits his wife, Kayla, and their daughters, Elizabeth and Camilla, for being the inspiration to share his story. It all started about a year ago when Moylan was a guest on the podcast "Stepping In with Kara." He shared his story during an hour-long interview and following the podcast Moylan started receiving messages, so many messages, thanking him for sharing his story and asking him to share more of it. After visiting with his wife, Moylan decided there was more to share and that it might help others, so he took on the endeavor of writing his story.

"Kayla encouraged me to write a book, believing it would not only help others who were struggling, but also serve as something deeply personal for our daughters," shared Moylan. "One day, when Elizabeth and Camilla are older, they'll be able to read about my life, understand the challenges I faced, and see that no matter how difficult life becomes, hope, faith, and perseverance can lead to redemption."

Writing a book is not a simple or fast process, and in Moylan's case it took him about 16 months to complete. He made it a priority to sit down every evening at 9 p.m. and write for 30 to 45 minutes. Some evenings the words flowed, other evenings he managed a sentence, but he kept at it and his dedication paid off. Then came what was probably the biggest challenge, editing the book.

"It took a lot of talking back and forth, as well as reading it over and over again," said Moylan. "It kind of got overwhelming, but I had a goal and stuck with it and in the end, it was well worth the time."

Then came the next challenge, that of finding a publisher. He submitted his manuscript for copyright on Jan. 29, 2026, and the great search for the right publisher began. During that time, he also hired an editing company based in New York City to professionally edit the manuscript. Upon completing the editing process, the company offered to publish the book.

"While I appreciated the offer, I decided to decline because I wanted to work with a publisher closer to home—someone within Montana or the surrounding states," said Moylan. "I was looking for more than just a publisher; I wanted a relationship with people who genuinely cared about the project and believed in my story."

In Omnia Paratus Publishing was exactly what Moylan had been looking for in a publisher. Moylan shared that from the beginning they were supportive, encouraging and easy to work with.

"Their personal approach and genuine interest in helping bring my story to life made them the right choice," said Moylan.

While writing the book itself was sometimes challenging, telling his story, sharing thoughts and memories, was healing for Moylan. He felt like a tremendous weight had been lifted off his shoulders as he faced his past with honesty, processed it and was finally able to let go of some of the burdens he's carried for years.

"I believe it's beneficial for people to tell their stories because it gives them an opportunity to release some of the difficult experiences they've carried for years. Putting those thoughts and memories onto paper—or, in my case, onto a computer screen—can be incredibly healing," said Moylan. "While everyone's journey is different, I hope others discover the same sense of freedom and healing by sharing their own stories."

While his wife and daughters were his inspiration for writing the book, he credits his six older brothers and sisters as the people who continuously believed in him and encouraged him to keep going, no matter how hard life got or where he was at in his addiction.

“Through every success and every setback, they have always been there for me with their love, support, and encouragement,” said Moylan. “Another person who played a tremendous role was my hometown friend, Colby. And, of course, none of this would have been possible without my wife, Kayla. From encouraging me to write my story to supporting me through every step of the process.”

Moylan is known for his friendly personality and willingness to help. Sharing his story has just become one more way for him to help and encourage others and he truly enjoys doing so and is willing to do more.

“If you have questions about “Rock Bottom Has a Basement”, would like to schedule an interview, or are interested in having me speak at your organization, recovery group, school, church, or community event, I’d be honored to hear from you,” said Moylan.

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