



Addiction Recovery: Kick Any Habit - Overcome Any Addiction (Paperback)

By Charles Lamont

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English. Brand new Book. Have you ever been told that you have an addictive personality? If so, then you need to do some serious introspection, because this is far from a compliment. If you have ever said I'm not addicted, I just really enjoy alcohol, drugs, smoking or even sex and exercise, then some introspection is needed too, because you might have a problem! Life is incredibly stressful, to say the least, and we all seek constant outlets for this stress. Overindulging in anything-even the things that seem harmless-is a problem. It is with good reason that we are cautioned to exercise moderation in all things, for fear of losing ourselves to the dark side. Addiction is definitely the dark side of the moon, one that is incredibly difficult to come back from. How though, can you successfully beat addiction, safely kicking the bad habits that have formed over a long time, and regain control of your life? That is the purpose of this book. You will be given insight into addiction, and how to identify when you have a problem. You will be shown some of the different...

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Complete guideline! Its this type of great read through. it absolutely was writtern quite perfectly and helpful. I am very happy to explain how this is basically the best book i actually have read through during my personal life and can be he very best book for at any time.

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A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.

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