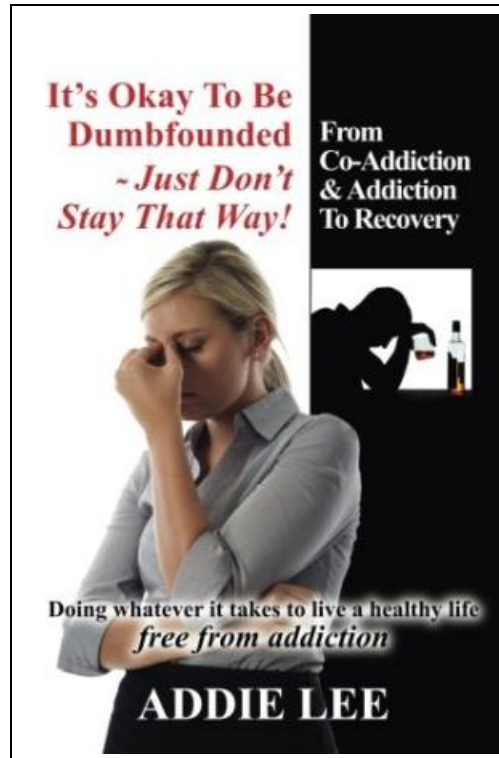


It s Okay to Be Dumbfounded, Just Don t Stay That Way!: From Co-Addiction to Recovery - Doing Whatever It Takes to Live a Healthy Life Free from Addiction (Paperback)



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Reviews

This book may be worth purchasing. It typically fails to expense excessive. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ken Watsica)

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Createspace Independent Publishing Platform, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Combining new information alongside clinical observation with her personal experience and knowledge of the diseases of alcohol and drug addiction, author Addie Lee offers hope to all whose families suffer from these terrible maladies. Critically informative, it steps outside the norm by focusing not on the addict but on the co-addict, and crafts a compelling and positive blueprint for successful change in their life dynamic. By using her own life story as a learning tool, she clearly defines and demonstrates the progression of the diseases and the stages co-addicts will have to go through in their recovery, pulling back the curtain on the mysteries of addiction and removing the scariness, fear, and reluctance to seek assistance. Unknowingly as a co-addict, Lee was juggling her life as mother, wife, and professional without the tools to understand or improve her situation. After meeting with an enabler support group and receiving guidance from a proficient chemical dependency counselor, however, she began to reclaim her life. All things came together when her husband finally admitted he had a problem and began to honestly pursue recovery, thus beginning the five phases of the process: Admission, Compliance, Acceptance, Surrender, and Reconstruction. Today Addie and Geoff s life is a twenty-eight success story of continuing sobriety. A powerful reminder that the human will is the strongest force in the world, Addie Lee s journey through the deeper recesses of alcohol and drug-addiction to a life of familial sobriety and happiness is a beacon of hope for anyone lost in a similar circumstance. She provides a path that empowers, the information needed to save yourself, and the advice that will guide you and your loved ones toward health....



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