



## 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...



**READ ONLINE**  
[ 7.32 MB ]

### Reviews

*This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).*

**-- Prof. Kirk Cruickshank DDS**

*This kind of book is every little thing and taught me to looking ahead of time and a lot more. I am quite late in start reading this one, but better then never. I found out this book from my dad and i encouraged this pdf to find out.*

**-- Justus Hettinger**