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Love Notes from Hell: Stories of Hopeless Addiction, Obsession and Freedom

By Roy Nelson

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*****.EVERYONE HAS VICES Negative habits we turn to when life gets stressful and we need relief. Some people take these vices to the extreme and become addicted. Whether it's food, sex, alcohol, drugs, gambling, shopping, or some other activity or substance, addictions cause untold pain and suffering. Those who try to overcome their addictions may spend years in and out of treatment programs, 12 step rooms, therapy and the like, but still continue to struggle. THE NELSON METHOD IS RECOGNIZED AS A HEALING PROCESS FOR THOSE WHO ARE UNABLE TO STOP THEIR ADDICTIONS BY ANY OTHER MEANS. In Love Notes from Hell, Roy shares his refreshingly honest and unique perspective about the addictive personality and what actually causes a person to self-destruct with addictions. Using examples from his own and his private clients experience, Roy helps you understand why so many treatment options are failing. And he shows you how the spiritual truths contained in The Nelson Method™ can produce extraordinary transformation and free you from your own personal hell. ROY IS KNOWN AS...



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