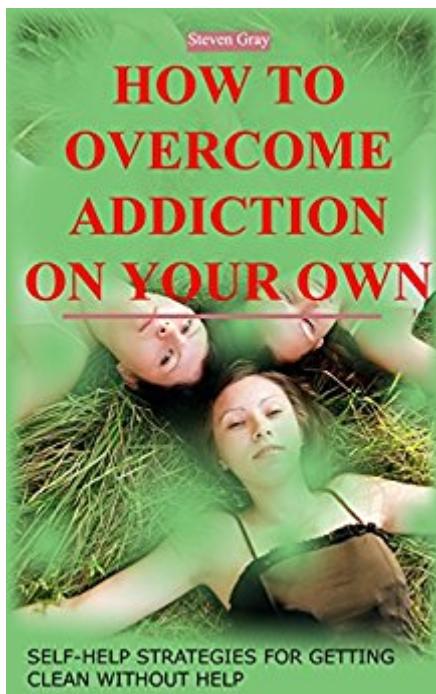


The book was found

HOW TO OVERCOME ADDICTION ON YOUR OWN: SELF-HELP STRATEGIES FOR GETTING CLEAN WITHOUT HELP (GAMBLING, PORNOGRAPHY, MARIJUANA, DRUGS, ALCOHOL, SHOPLIFTING)



Synopsis

Want to overcome an addiction on your own? About 25 percent of the world's population are suffering from one addiction to the other; unfortunately less people take effective action to overcome this problem. This brings about incidences where dreams are being shattered and goals getting neglected. Maybe you don't want to open-up about your addiction because you are too embarrassed, or maybe you have tried with different methods to overcome an addiction but failed, well here is a good news: In this book, Steven Gray has compiled several strategies used by people like you to overcome their addiction without the need to go through the social intimidation of opening-up. You can overcome shoplifting, shopping, drug, alcohol, marijuana, sex, coffee and even gambling addiction using the self-help strategies in this book. It also teaches the Suppression Techniques used by people to convert addiction to genius. Learn to overcome these types of addictions without exposing yourself

Alcohol Addiction
Gambling Addiction
Pornography/Sex Addiction
Food Addiction/Eating Disorder
Internet/Social Media Addiction
Drug Addiction
Shopping Addiction
Marijuana Addiction
Shoplifting Addiction
Coffee Addiction

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Customer Reviews

Read the book and follow the instructions to be clean in a few weeks without stress or emotional difficulties. This is the way to energy and fulfillment.

I could not have gone 2 weeks without going back to my gambling if it weren't for this book. It has really affected my life positively. Although it takes some commitment and discipline to follow through, I realized how stronger I am even when I don't talk to anyone about my addiction. Instead of wining and blaming people, I have become a support system for my friends wanting a better life in one way or the other. I am holding on to this book, thanks to Steven Gray. I recommended this book to a family friend and her daughter is already doing better. You can apply this to any habit you want to change. Thanks again.

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