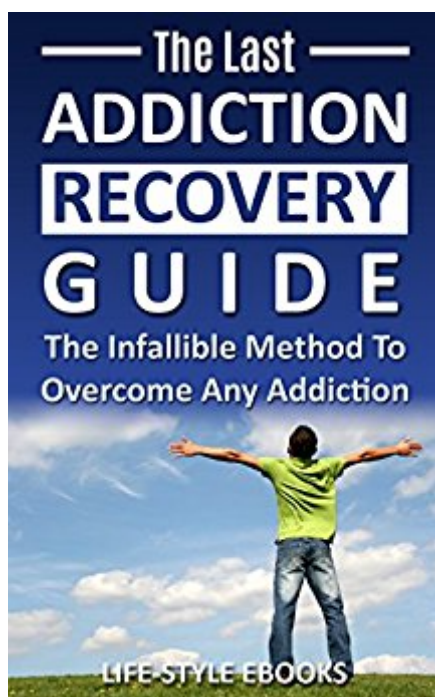


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# **Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, Addiction Recovery, Breaking Addiction, Overcoming ... Addiction Recovery, Recovery, Clean Book 4)**



## Synopsis

**ADDICTION** Learn How To Overcome Your Addiction TODAY Over 10,000 Copies Downloaded!  
• "The Last ADDICTION RECOVERY Guide" • gives you the best method, advice and strategies for finally overcome your addiction! Do you want to know how to overcome your addiction without having to read a 300 page book? "The Last ADDICTION RECOVERY Guide" is for you!!!... a simple, practical guide in which you'll learn everything you need to know about addiction recovery in less than an hour! This book contains proven steps and strategies on how to understand your addiction problems, help your loved ones with their struggle against their compulsions, and devise the recovery methods that would work best for you. At the same time, this book will also serve as your guide in making your personal goals for the sake of overcoming addiction. If you are suffering from addiction, or you know someone who does, this is the book you need to read. Not only will this book help you understand your true struggles and how you can help yourself, it would also guide you towards making the right personal decisions and address the situation. This book would provide you all the things that you need in order for you to personalize your strategies to help yourself or your loved one defeat compulsions such as substance abuse, gambling problems, shopping addiction, or binge eating. Here Is A Preview Of What You'll Learn... Understanding the Enemy Are You an Addict? Debunking the Myth about Recovery The First Steps to Recovery Making the Commitment to Recover The Bumpy Road to Recovery When You Feel that You Have Lost Everything Much, much more! Download your copy today!

## Book Information

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## Customer Reviews

The book calls it the easiest way to overcome any addiction, and I agree, these methods are the easiest I've come across so far, however, it's not easy to overcome my personal addiction (which I prefer not to disclose on here). That being said, I really felt that the author actually went through an addiction problem after reading through this book. Most other books I read seemed like how-to guides by people who never actually had gone through a serious addiction in their lives. I'm going to use this book as my go-to resource any time I sense I'll need my next fix.

In my life I have known many people with addictions and I've dealt with a few of my own. I found this book to be a very good resource for those who are dealing with any type of addiction. It is very enlightening on the topic and offers a variety of strategies for overcoming addictions and living free from them. I would certainly recommend this book to anyone who wants to live free from addictions.

As someone with a recent history of some horrible addictions, I can understand what a nightmare they can truly be. Overcoming them were some of the toughest yet liberating experiences of my life so far. This is the first addiction recovery book I've read, and I found it contains a lot of useful and helpful advice. The author explains that it's a mental and emotional recovery, and lays out the foundation of what you're dealing with, and how you need to deal with it. Hold your head up, and know that anything is possible with a strong enough desire. I truly hope this is the Last Addiction Recovery Guide • that you'll ever need.

Addiction Runs in my family, and I Figured I would pick up a few books and learn how to not let it affect me. Well I have to say this book was the best out of the bunch. Super insightful and really does explain what you need to do to overcome and to not let addiction hurt you or the ones around you.

Addictions seems to share a some traits no matter what. The most important thing is to understand

the patterns and win the battle. This book will give you a new insight into the how of getting over your addiction!

This book is fantastic and very helpful. By the help of this book I have learned about how to overcome any addiction. Inside of this book I have found some infallible methods. Two weeks ago, my cousin suggested me about his book and I am glad to read this book. This book is well written and the author of this book had described every method step by step. Inside of this book I have found some proven steps and strategies on how to understand any addiction problems. Actually, the last few months I was in addiction problem. This book really helped me a lot and opened my eyes. By reading this book I have understood about the first steps of recovery. I followed some of these techniques and amazingly within a week I got tons of improvement inside me. If you have any addiction problem and want to overcome from that problem, then this book is perfect for you.

Ease your way out of addiction with this very informative and amazing book! It is always a struggle for people whose suffering from addiction to try to stay away from it and never be tempted with those stuff again. And yet, it's still very rampant nowadays. This book will guide you towards making the right decisions and address the situation appropriately. It is also packed with techniques and strategies in defeating the compulsions such as shopping and gambling addiction as well as substance abuse! Learn how to recover from any forms of addiction in less than an hour with this book!

This is one great book from which I believe that many will benefit. The book has many advises and lessons on how to quit some type of addiction and change your life forever. I am very glad that I found this book and I definitely learned a lot from it. This is why I rate it with 5 stars and I strongly recommend it to everybody who is struggling with some type of addiction!

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