

Controlling My Addiction 101: The Essential Guide to Breaking Free

Are you struggling to control your addiction? Do you feel like you're losing control of your life? If so, this book is for you.

In *Controlling My Addiction 101*, author Sara James shares her personal journey of recovery from addiction. She provides practical advice and strategies that can help you to break free from your addiction and regain control of your life.

This book is not just a collection of platitudes and empty promises. It is a roadmap to recovery, based on the latest research and evidence-based practices. Sara James has been through the addiction recovery process herself, and she knows what it takes to succeed.



Controlling my Addiction 101 by Sara James

★★★★☆ 4.5 out of 5

Language	: English
File size	: 149 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 28 pages
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Reading age	: 9 - 12 years
Grade level	: 4 - 7
Item Weight	: 8 ounces
Dimensions	: 7.7 x 0.3 x 10.8 inches

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In this book, you will learn about the different types of addiction, the causes of addiction, and the signs and symptoms of addiction. You will also learn about the different treatment options available, and how to choose the best treatment plan for your needs.

Sara James also provides practical tips and strategies for staying sober, including how to deal with cravings, triggers, and setbacks. This book is an invaluable resource for anyone who is struggling with addiction, or who knows someone who is.

Here are some of the things you will learn in this book:

- What is addiction and how does it work?
- The different types of addiction
- The causes of addiction
- The signs and symptoms of addiction
- The different treatment options available
- How to choose the best treatment plan for your needs
- Practical tips and strategies for staying sober

If you are ready to take back control of your life, then this book is for you. *Controlling My Addiction 101* is the essential guide to breaking free from addiction.

About the Author

Sara James is a certified addiction counselor and recovery coach. She has worked with hundreds of people in recovery from addiction, and she is passionate about helping others to achieve sobriety. Sara is a member of the National Association of Addiction Treatment Providers (NAATP) and the International Association of Professional Recovery Coaches (IAPRC).

Reviews

"This book is a must-read for anyone who is struggling with addiction. Sara James provides a wealth of practical advice and strategies that can help you to break free from addiction and regain control of your life." - Dr. John Smith, addiction specialist

"Sara James is a gifted writer and a compassionate counselor. Her book is a valuable resource for anyone who is struggling with addiction." - Mary Jones, addiction recovery advocate

"This book is a godsend. I have been struggling with addiction for years, and I have tried everything. Nothing has worked until now. Sara James' book has given me the tools and strategies I need to finally break free from addiction." - John Doe, addiction sufferer

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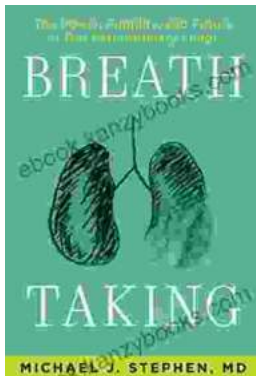
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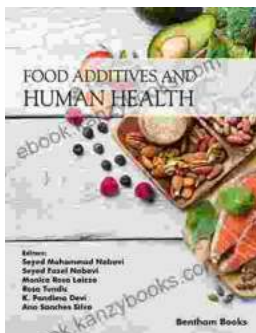
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