



**Breaking Addiction: How to Cure Addiction for Life (breaking addiction, addiction recovery, sweet addiction, drug addiction, drug addiction cure Book 1)**

*Max Benson*

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## **A Proven Step-by-Step Process to Breaking Addiction**

Addiction is a disease of the mind that is also the root of many societal evils of today. It is a powerful trigger that could kill sanity and humanity out of the most rational human being. It is a problem often overlooked and dismissed until the day it causes something dreadful. The possibilities that addiction entails are terrifying. It is as potentially harmful to others as it is for the individual afflicted by the addiction. Fortunately any behavior driven by a negative stimulus can be cured.

Breaking Addiction: How to Cure Addiction for Life is a step-by-step process showing one how to successfully recover from a habit gone wrong. It provides plans of action that will help one understand the depths of their behavior and suggest possible solutions to the problem. It is a simple straightforward guide characterized by realism that is almost uncanny.

This book teaches the addiction-afflicted individual not to play the victim nor be victimized by his life situation. Unlike many self-help books out there, this one does not make the subject feel miserable and helpless at the beginning and desperately attempt to lift the person's spirits from a downward spiral it has introduced in the first place. This book says it like it is. It simply states there are different sorts of addiction caused by different factors. And that regardless of the type, there is only one way to solve them – through one's own efforts and the undying support of people around them.

Each book chapter corresponds to an actual chapter in the life of a recovering individual. The first chapter talks about the stage of denial and how to successfully get past it. It explains how the first step to solving a problem is to acknowledge its existence. Doing so enables one to acquire the knowledge of an existent solution. As the chapters of the book progress, the reader is given the chance to be more in touch with deep-seated emotions. Immediately following the recognition of the problem is the analysis of the self with regards to the addiction. It's eventually realized that the "high" that addiction provides is nothing when compared to the "low's". This is the part where one admits there is indeed a problem and that something has to be done about it. The beginning of redemption is marked by the desire to leave the unhealthy life chapter. This redemption begins with a simple plan and ends with nothing but a successful and happier life. The book also emphasizes the importance of having people around for support. The great city of Rome wasn't built in a day. In the same respect, happier and healthier relationships that shall be one's "Rome" should both function as the motivation and the goal.

This book also recognizes the importance of seeking help, not only from the closest relatives and friends but also from medical professionals. As aforementioned, this book is as real and relatable as it can be. It portrays that to err is human, and to err more than once is even more human. It states that any recovering individual

can, and will most likely have, a relapse. Nonetheless, a slight setback is not a good reason to ultimately give up. The relapse should not be the end of the journey but rather just a bump on the road. This book also teaches the importance of redirecting one's time and effort usually spent in tolerating addiction into healthier, more meaningful habits.

Finally, it offers a glimpse of the good life awaiting the patient and sincere recovering individual. There is redemption along the way, and happiness at the end of the road. This book immortalizes the good and the happy ending after all the negativities and hardships experienced by the afflicted person. Most importantly, it teaches readers that there is beauty in accepting stark realities. Because only after a person accepts reality and change it gradually can he be truly free and happy.

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