



# Kickstart Your Recovery - The Road Less Traveled to Freedom from Addiction

*Taite Adams*

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**Are you or a loved one unable to stop drinking or using drugs, yet tired of the endless cycle of pain and consequences? Recovery is possible and it's not as frightening as most make it out to be.**

Addiction is a cruel and subtle disease that robs it's victims of so much. Those suffering from alcoholism or drug addiction are often baffled by its affects on their lives and the devastation that can be wrought in such a short period of time. Loved ones feel helpless and hopeless as they are forced to stand by and watch as someone they care about erodes before their eyes, clear that they cannot stop drinking or using drugs.

Luckily, many people are able to reach some sort of "bottom", or a jumping off place, where they are finally willing and able to ask for help and begin the process of getting sober. **Kickstart Your Recovery** , now in its 2nd Edition, offers a powerful message to those who are looking for a way out from an endless cycle of pain and loss and for tools for avoiding relapse. With a clear approach, and drawing on her own history of addiction recovery, author Taite Adams is able to give the new person in recovery answers to a lot of Frequently Asked Questions about getting sober and allay a lot of fears. Some of the areas that are addressed in detail are:

- What is a "Bottom"?
- Should I Go to Treatment?
- What is Alcoholics Anonymous (AA)?
- 12 Step Programs
- Sponsorship
- Families and Relationships
- The Job and Career in Sobriety
- About the Consequences of Addiction
- Living Life and Having Fun Sober
- Addressing Other Issues
- and Much More

Whether brand new in sobriety, considering going to treatment or just coming to grips with the fact that there may be a "problem", alcoholism and addiction help is available in many forms and **Kickstart Your Recovery** is an invaluable tool to get your questions answered about getting sober, staying sober, avoiding relapse and helping you move one step closer to a better way of life free of alcohol and drugs. \*\*2nd Edition published 1/20/2015.

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