



The Little Book: Alcoholism, Drug Addiction & Recovery Made Simple! (Volume 1)

Christopher James Daniel LPC

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The Little Book – Alcoholism, Drug Addiction, and Recovery Made Simple explains the difficult and confusing subject of alcoholism/drug addiction and recovery from it in every day common language. After this short 2-hour read, you will understand the “what” and “how” of these addictions and the solution to recovery. It explains masterfully the little nuances that have prevented you or your loved one from recovering, as well as how to overcome these and move forward into recovery. You will learn: - the difference between recovery and sobriety. - The difference between “obsession” and “cravings” for alcohol/drugs. - the difference between an “85%er” and a “15%er” and how this affects recovery. - about the hazards of cross addiction and its effects on recovery. - how accidental relapse occurs. - how all the “pieces” of recovery work together to ensure complete recovery. - how to help your family in the midst of the chaos and destruction of addiction. - and much, much, more . . .

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