



Loving an Addict, Loving Yourself

The Top 10 Survival Tips for Loving Someone with An Addiction

Is your life affected by someone with an addiction? Are you putting your own needs, or your very life, on the back burner because you're consumed by their behaviour and your attempts to help?

Loving an Addict, Loving Yourself: The Top 10 Survival Tips for Loving Someone with an Addiction provides essential 'survival tips' to not only cope with loving an addict, but to make yourself a priority in your life so you can start living the life you want again.

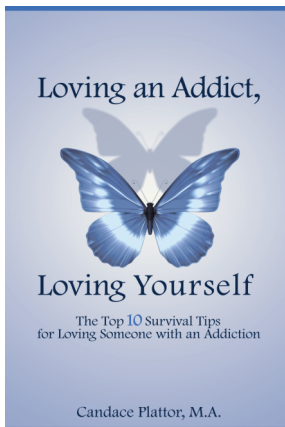
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"In this book, Candace Plattor outlines some of the major causes for ill health and unhappiness today—addictions. She especially focuses on how to help yourself if you are the loved one of an addict. Bravo to Candace, whose personal experience and brilliant counseling strategies are turning people's lives around!"

Caroline Sutherland, Author of *The Body Knows* and *The Body Knows... How to Stay Young*

"We have never met nor have had any contact except through your most amazing book.

My friend had your book out on his desk and the title grabbed my attention straight away so, I picked it up and started reading it.

You captivated me right from the very beginning. It was as if you were talking directly to me about all my very own thoughts and feelings, and that is why I knew I needed a copy of this book for myself.

I know already that it is going to change my life."

Maria Waller