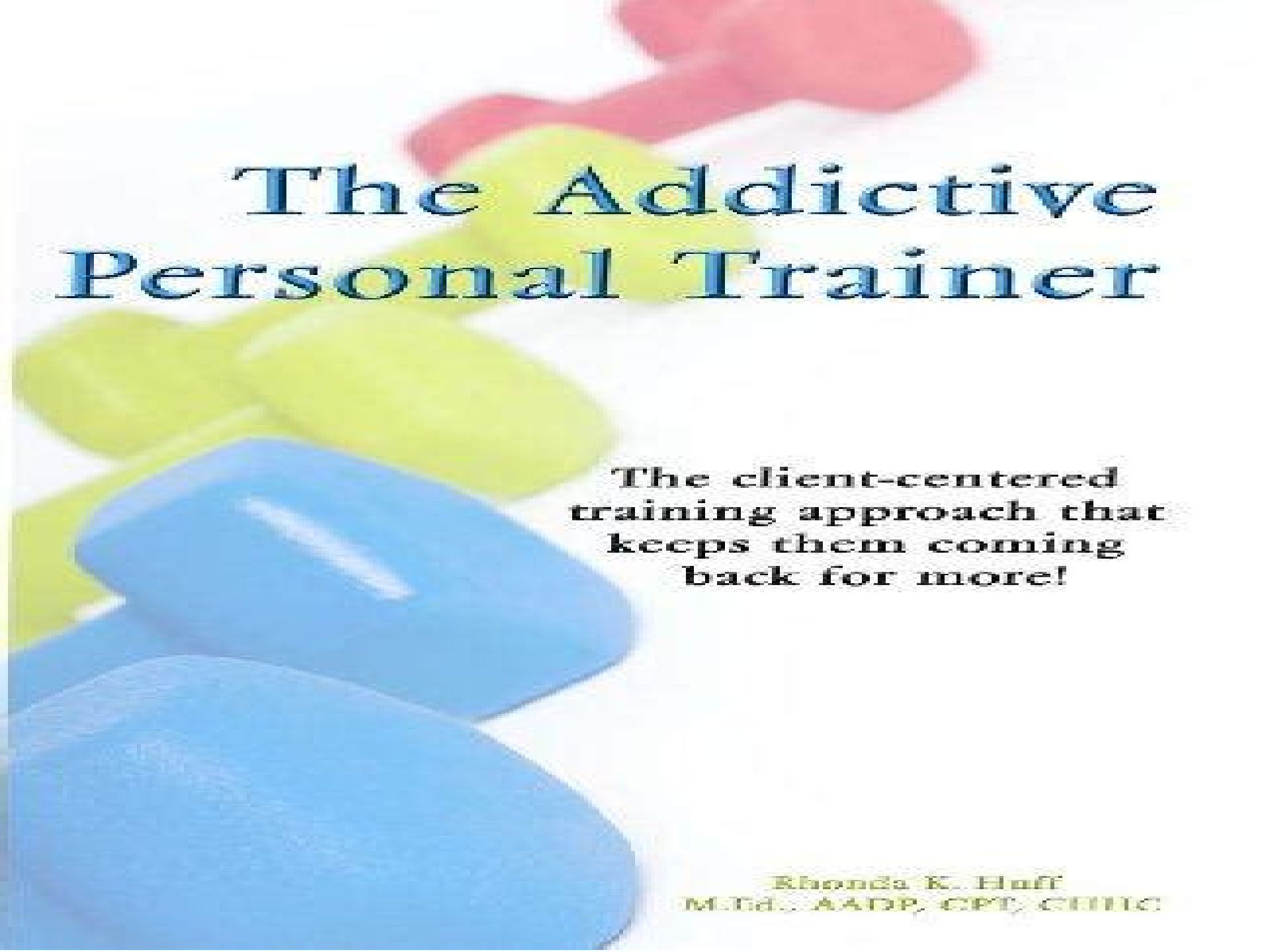




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**Rhonda K. Huff
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The Addictive Personal Trainer

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Cuban, 2017-08-29 Brian Cuban was living a lie. With a famous last name and a successful career as a lawyer, Brian was able to hide his clinical depression and alcohol and cocaine addictions for a while. Today, as an inspirational speaker in long term recovery, Brian looks back on his journey with honesty, compassion, and even humor as he reflects both on what he has learned about himself and his career choice and how the legal profession enables addiction. His demons, which date to his childhood, controlled him through failed marriages and stays in a psychiatric facility until they brought him to the brink of suicide. That was his wake up call. This is his story. Brian also takes an in depth look at why there is such a high percentage of problematic alcohol use and other mental health issues in the legal profession. What types of therapies work? Are 12 step programs the only answer? Brian also includes interviews with experts on the subject as well as others in the profession who are now in recovery. *The Addicted Lawyer* is both a serious study of addiction and a compelling story of redemption. *Break Free From Food Addiction* Gregory Groves, If you've been struggling with food addiction, binge eating, or emotional eating, this book is here to help. In *Break Free From Food Addiction*, you'll learn practical steps and strategies to take back control of

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The Alcoholism and Addiction Cure Chris Prentiss, Pax Prentiss, 2010-04-20 The Alcoholism and Addiction Cure contains the powerful three step program to total recovery that is the basis of the miraculous success of the Passages Addiction Cure Center in Malibu California You ll learn the three steps to permanent sobriety the four causes of dependency how your thoughts emotions and beliefs are key factors in your recovery and how to create your own personalized treatment program with the help of health professionals where you live one that gets to the real underlying causes of dependency Freedom from dependency starts with understanding that alcohol drugs and addictive behaviors are not the real problems say Pax and Chris Prentiss cofounders of Passages Alcohol street drugs nicotine prescription medications food bingeing gambling and the like are merely the substances or behaviors you or your loved ones are using to cope with the real problems anything from deep emotional pain ill health or depression to hypoglycemia a sluggish thyroid or brain wave pattern imbalances Once the underlying problems are discovered and cured the need for drugs alcohol or addictive behavior will disappear along with the craving Chris Prentiss should know His son Pax was addicted to heroin cocaine and alcohol for ten years They sought help everywhere but Pax relapsed again and again In desperation they finally created their own holistic hand tailored program that was a complete break from all other programs and that combined several effective therapies It saved Pax s life Together father and son founded Passages to help others find their own freedom For decades we ve been hearing that alcoholism and addiction are incurable diseases but The Alcoholism and Addiction Cure proves that this is a dangerous myth and that the label of alcoholic or addict destroys the promise of full recovery Visionaries and innovators Pax and Chris Prentiss bring new hope to people everywhere who are dependent on drugs alcohol or addictive behaviors This groundbreaking approach will show you how to end relapse end addictive behavior and end your suffering

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