



# **Coping With An Addict: Your Guide To Dealing With Alcoholism or Dealing With A Drug Addict**

*Sarah Goldberg*

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## **Coping With An Addict: Your Guide To Dealing With Alcoholism or Dealing With A Drug Addict**

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**If you have a loved one that is an addict, this book will give you powerful tools and excellent resources for coping with addiction and give you hope for addiction treatment and addiction recovery**

Alcohol addiction and drug addiction are enormous issues not only in the United States, but worldwide today. Countless families and relationships are torn apart, and much of this stems from an inability to cope with addiction, especially when the addict lives in your home! This book will not only give you solid advice in coping with addiction, it also has extremely useful resources for additional help and solutions, whether you're dealing with alcoholism or dealing with a drug addict. In this book you'll learn: 1. What "enabling" an addict means and why you may be self-sabotaging your efforts to build a healthy relationship with an addict 2. The importance of "house rules" and how they can help set your own boundaries more effectively 3. How tough love can mean the difference between addiction and recovery 4. How and why to focus on you as you work to cope with an addict in your life 5. Helpful additional resources to further aid your journey **Need another reason to purchase this book? Here's a great one: I donate 5% of the proceeds from my eBook sales to Reading is Fundamental, the largest children's literacy non-profit in America. Children's literacy is important, and by purchasing this eBook, you're helping to support this worthy cause.**

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