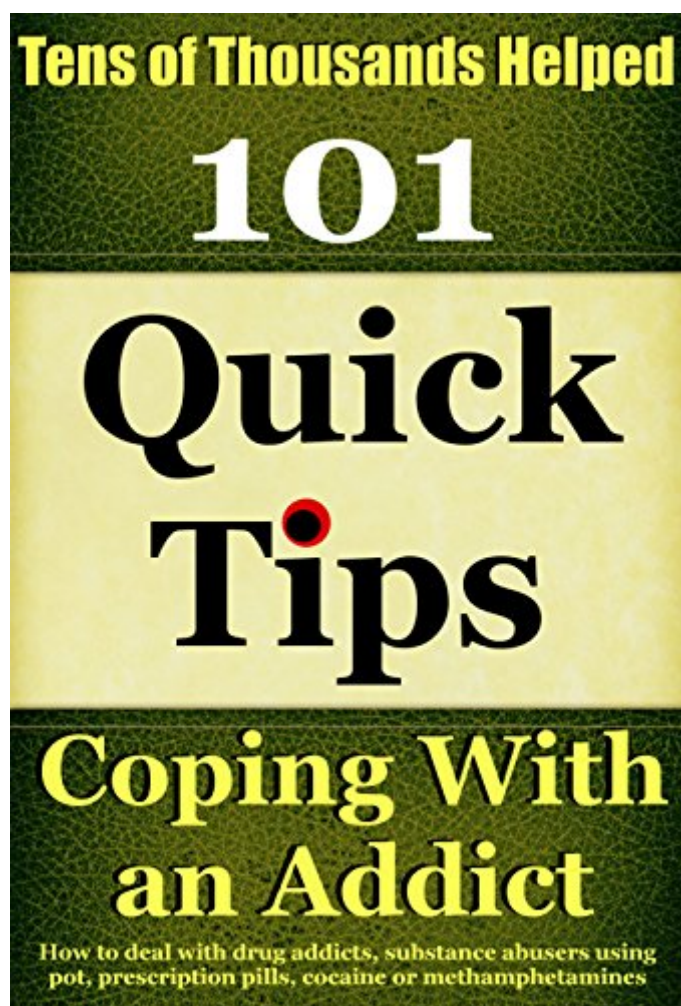


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# **Coping With An Addict: How To Deal With Drug Addicts, Substance Abusers Using Pot, Prescription Pills, Cocaine Or Methamphetamines (Coping With Alcoholism And Substance Abuse Book 5)**





## Synopsis

Methods For Dealing With an Addict-How To Cope With Someone You Care About Who is Abusing Drugs I can teach you how to cope with a drug addict. I've helped tens of thousands of people all over the world, in situations just like yours, learn how to cope with alcoholics, pot smokers, prescription pill users, cocaine abusers, methamphetamine addicts or other types of substance abusers. Does it feel like you are walking on eggshells most of the time when you are around the person abusing drugs? Are you tired of your drug addict husband, wife, child, friend, or coworker lying, stealing, breaking plans, arguing, and blaming you for all of their life's problems? Of course you are. If you are anything like me, you just want to end the pain and frustration that you are dealing with on a daily basis. I know exactly what it's like to love a spouse, child or friend with all of your heart and at the same time be so frustrated with them that you can't stand being around them. I can help you find a place of peace and serenity in your life again, while you are coping with an addict. Since 1997, I've lead and participated in thousands of support group meetings designed to teach friends and family members of addicts coping skills. I've also been heavily involved in 12 step groups designed to teach alcoholics and addicts how to stay clean and sober. I've lived with alcoholics and addicts off and on for the past forty years. I've also had victory in my own life, as I had a personal battle with alcoholism and substance abuse. You see, I've been on both sides of addiction. I know very well what it is like to be addicted to substances. I also know exactly what it is like being addicted to the substance abuser. The "101 Quick Tips Guide For Coping With Drug Addicts" • presents the best methods of detachment in an easy to understand, condensed form. After Reading This Kindle Book on Coping With an Addict, You Will Know: How to detach from the drug addict How to set boundaries with the substance abuser How to let go of the dysfunctional person and the insanity that surrounds them How to get serenity in your life again and how to keep it A Few Tips From This Kindle Book On Coping With a drug addict 1. Never have an argument with the addict. This is the number one rule. 2. Don't waste your time confronting the addict's habitual lies; they will only lie more if you do. 3. When they don't come home and you don't know where they are, DO NOT go searching for them. Take care of your own emotional well-being instead. 4. When you feel like calling them to check up on them, don't. This is a part of detachment. You cannot control them. 5. When they leave mean phone messages, just delete them without listening to them. You will enjoy more peace by doing so. Are you exhausted from trying to convince your spouse, child, friend, or coworker that they need to get help for their addiction problems? Are you tired of focusing all of your attention on the drug addict in your life? Does it seem like you are obsessing over the person who is abusing alcohol, marijuana,

prescription pills, crystal meth, cocaine, or some other substance constantly? I promise, if you will follow my suggestions for coping with an addict that you will begin to:

- 1) Start enjoying your life again
- 2) Enjoy greater levels of peace in your life
- 3) Not argue and fight with the addict as much
- 5) Be grateful that you read the book
- 6) Set boundaries
- 7) Stop being an enabler
- 8) Let go of situations that are not in your control
- 9) Express your love to the addict, rather than your frustrations
- 10) Experience renewed hope

Get the book now while it's being offered at an introductory price.

Tags: coping with an addict, cope with an addict, deal with an addict, dealing with an addict, how to cope with an addict

## **Book Information**

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## **Customer Reviews**

The information within these few pages are the 101 absolutely best advice for anyone who is coping with a drug addict. 101 tips that will work. How do I know? I've dealt with addicts my entire life. Grandfather, Father, Brothers, Ex-husband, Ex-boyfriends and ex-friends. I personally watched my eldest brother slowly kill himself from drug and alcohol addiction...being the youngest sibling I especially felt helpless - though I know there was nothing I could do to keep him alive. The choice was his and his alone. I learned to cope on two levels, 1. watching him destroy his body with the

chemicals and 2. the terrible death that proceeded. From my wounded heart, I personally recommend this guide to EVERYONE.

Living with a drug addict is difficult for anyone, and this book is a quick guide geared to help the friends and family of the drug addict. I especially liked the tips on how to not rescue the addict: Not giving them any money, or go driving around looking for them, or not to bail them out of jail. I also liked the tips on how to not communicate and create boundaries and learn not to take their verbal attacks personally. Addicts have a problem that has nothing to do with you, and they use drugs as an escape from life when they can't handle anything. They won't quit until they have truly hit rock bottom. They try to blame others for their addictions because they can't take personal responsibility for their own actions. This book helps the friends and family to learn how to let the addict take responsibility for their own actions, and let them hit bottom. Each tip is clear, direct and to the point, and the message is clear: You can't rescue an addict from themselves.

The 101 quick tips contained in this book by Ernest Christo are 101 superb little strategies everyone who is involved in any type of relationship with an addict needs to use! There is a lot in the old adage that 'you can't help someone who doesn't want to help themselves.' Without that understanding, too many people find themselves drug down into the abyss that is life with an addict. The information contained in this little book's 101 quick tips help with that understanding and are 101 nail-on-the-head strategies to cope with the insanity of life with an addict --- and get on with a better life!

This book is written for people that need help because their friend, family member, or someone they know is an addict. It offers help on how to deal with them, and how to interact with them, or even how to move on if there is nothing else that can be done. It reads like a very informative list on what to do and what not to do. Some of this advice includes knowing that you didn't make anyone an addict and how you are not responsible for how an addict is acting. Other tips are for your peace of mind like joining a support group and never saying hurtful things that you don't mean just because you are angry or upset. I think this book would be appropriate for anyone that needs help because someone they love or care about is an addict and they need tips on what to do and how to act around them.

This book is simply amazing. Books or articles which aim in Dealing with addicts are very rare, yet

the author expresses himself or his experiences totally clear and helpful to modify the acts that you need to behave in getting interaction with people who abuse drugs. But one thing I notice, you're not just dealing with them, you're not only dealing with the addicts, but most especially you're dealing with yourself! And how you handle and responsible in interacting with people like them.

This book is a really great resource for anyone dealing with an addict (whether alcohol or other drugs). It's a quick, easy read. Instead of being bogged down in long-winded philosophy, it's full of quick, easy tips - 101 to be exact - to deal with an addict and to get your own life back on track while living with/dealing with an addict. Many of the tips are common sense, but it is actually helpful to have those laid out as common sense can be in short supply when trying to "fix" an addict. Others I had never really thought about. The book really helped me gain some perspective on our situation and think about ways to regain control of my life.

Living with an addict sucks. Completely. It is heartbreaking to not be able to control your loved one or get them to seek the help they need. And in the process, let's face it, many of us end up drowning ourselves, feeling like we are addicts, too. This book is about more than just dealing with the emotional toll of living with an addict. It's about taking back your own life. I was amazed at how my whole perspective on my situation changed in the space of reading this short book. Here's to being back in control of my life even if I can't control my loved one. Recommend.

I bought this book thinking it would help me to solve the problems as I tired of some addict personalities around. I had chosen this particular book because the author himself was a survivor like me and got a lot of experiences, faced different cases and situations worldwide. His realistic tips on Coping with addicts are effective and really works. Now I'm happy than ever before. Thanks, JC for helping the people like me.

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