



## Beating Addiction: A Self-Help Guide

*Luke Vandenberg*

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# **Beating Addiction: A Self-Help Guide**

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Such complicated creatures, we humans, so full of potential, yet so easily damaged. It is all too human to develop bad habits, but also to raise yourself up, and start living a better way. By having been down low you can appreciate being up high in ways that you would not otherwise know. Beating Addiction is a book for anyone wanting to get control of their life and shake off an addiction that has been crippling them. It goes beyond giving strategies for beating addiction, it teaches you how to find inner peace, and how to develop to your fullest human potential - to become self-actualised. This is a long journey, but well worth the effort. Why not make a start today?

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