

Advance Information - Publication Date: 24/09/2012

Title: **The Recovery Formula**

Subtitle: **An Addict's Guide to getting Clean & Sober Forever**

Author: **Beth Burgess**

Foreword by Professor David Clark

Format: Paperback

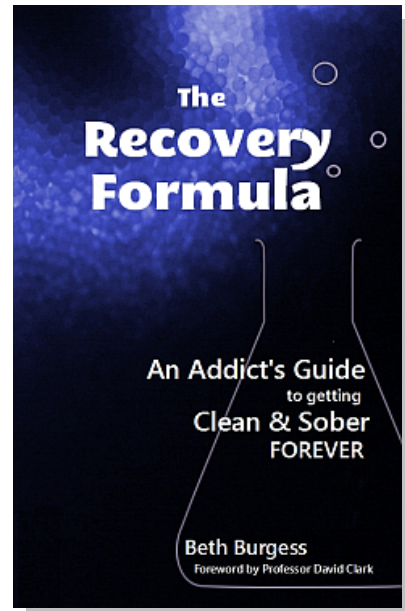
Price: £6.99

Publisher: Eightball Publishing

ISBN: 978-0957321700

Genre: Non-fiction; self-help; health; addictions

Audience: Addicts, rehabs, treatment centres, professionals working with addicts and addictions.



Eightball Publishing is pleased to announce the breakthrough book that addicts have been waiting for.

A simple, no-nonsense formula for addicts to follow to get - and stay - clean and sober, written by an addict who has been there, done it and worked out the essential steps.

Book Blurb

Are you tired of the guilt, shame and pain of addiction? Are you sick of the constant relapses? Do you want to know how to recover from addiction, guided by someone who has been there and done it?

The Recovery Formula is an essential guide for anyone who is addicted to alcohol or drugs and wants to do something about it. Having struggled as a serial relapser before achieving her own recovery, Beth Burgess shares the universal lessons she has learnt about what really works and what doesn't when it comes to getting clean and sober.

This book will help you to understand your problem, to make decisions about treatment, to avoid relapse and to set yourself up for success from the start. *The Recovery Formula* is a framework that anyone can use to achieve sobriety. Your recovery starts here.

For review copies or more details, contact...

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Praise from the professionals

"A wonderfully effective guide that every addict should read as they take their first steps into sobriety and recovery. I am hugely impressed by this book."

- *Wynford Ellis Owen, CEO of the Welsh Council on Alcohol & Drugs.*

"Beautifully written. A moving and insightful book that will help a lot of addicts understand how to start recovering successfully."

- *Dr Robert LeFever, founder of Promis, the first UK rehab centre, and author of 26 books on addiction and depressive disorders.*

"A brilliant mix of inspiration and information. If you're an addict and don't know where to start with sobriety, read this book."

- *Michaela Jones, Community Director at Wired In To Recovery*

"The Recovery Formula succeeds because it provides people in need of help with a solid, proven framework in an easy-to-understand way.

A wonderfully refreshing book."

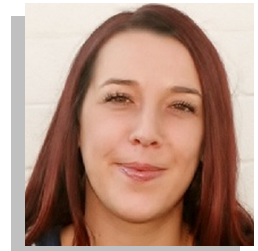
- *David Clark, Professor Emeritus of Psychology*

About the author

As someone who has recovered from alcoholism, social anxiety disorder, bulimia, self-harm and Borderline Personality Disorder, Beth Burgess has an empathy and insight that allows her to reach people in the darkest of places.

A former journalist, Beth has a unique way with words, which she uses to touch, inspire and educate. Beth has written articles for *The Royal Society of the Arts*, *The Big Issue* and various other publications.

Beth's areas of expertise include Alcoholism, Addiction & Recovery, Dialectical Behaviour Therapy, Recovery Coaching, Stress Management and Overcoming Obstacles.



She regularly shares her thoughts on social topics, such as addiction, alcohol, criminal justice and mental health as well as what it takes to live a healthy, happy life.

Beth lives in North London and runs her own business, as a Life & Recovery Coach.

Beth is available for interviews.

Please contact her on 077-909-57222 or beth@smyls.co.uk

More information on <http://www.smyls.co.uk> and <http://www.bethburgess.co.uk>

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