

## **Advance Info - Publication Date: Summer 2013**

Title: **The Happy Addict**

Sub: **How to be Happy in Recovery from Alcoholism or Drug Addiction**

Author: **Beth Burgess**

**Format:** Paperback

**Price:** £9.99

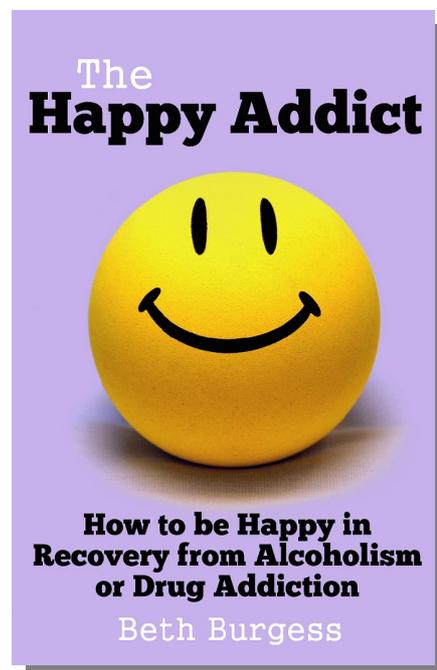
**Publisher:** Eightball Publishing

**ISBN:** 978-0-9573217-1-7

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

**Audience:** Recovering addicts

**Eightball Publishing is excited to announce a revolutionary, new book for addicts in recovery.**



**A book that helps recovering addicts let go of negativity, improve their self-esteem and build an exciting, new life.**

### **Book Blurb**

Have you got yourself clean and sober, but are finding it hard to be happy? Have you relapsed in the past because life was boring and uninspiring? Or maybe you've achieved sobriety, but you're finding it hard to change your old behaviours and ways of thinking.

*The Happy Addict* is the ultimate guide to achieving an amazing life after addiction. No more guilt. No more shame. No more feeling held back by the past or low self-esteem.

Finally become what you're really capable of by following the fifteen keys to achieving a successful and happy recovery from addiction. In this book, you will learn how to look at your past in a positive way, how to move on from negative ways of thinking, and how to and build a brilliant life for yourself.

Each chapter is devoted to helping to change your responses to your problems and improve your mind-set. It's about how to be a recovering addict and be happy about it.

*The Happy Addict* offers some revolutionary new ideas about how you can use your experiences of addiction positively and is the first book of its kind to offer recovering addicts the benefits of coaching, positive psychology, Dialectical Behaviour Therapy and NLP techniques to help you create an amazing future.

Having worked so hard to beat your addiction, you deserve a wonderful life now. Pick up your copy of *The Happy Addict* and become who you were always meant to be.

## **Behind the Book: Author's Comments**

"I wrote the book because I see many addicts getting clean and sober, and yet failing to become happy or reach their full potential.

"They either haven't changed their old, negative ways of thinking and behaving, or they are still limited by their own low self esteem, and by their regrets about the past.

"Many addicts fail to put their past into perspective and are still letting it dictate their future. They believe they are worthless and think all they deserve is a boring life with tiny goals, as long as they stay clean and sober.

"While staying clean is clearly a priority for addicts in recovery, they must have a good motivation to stay sober, otherwise what is the point? Why would they want to continue being sober? I would never have got sober if I thought it meant sitting around hating myself and living a dull and uninspiring life.

"*The Happy Addict* is revolutionary because it enables addicts to see elements of their past in a positive light, to recognise their strengths, improve their self-esteem, develop their character and rebuild their lives in a really positive, meaningful way.

"It is the first book to introduce coaching, NLP and positive psychology to addiction recovery. And it is a much-needed antidote to the low self-esteem and negative thinking that prevent many addicts from achieving their potential."

## **About the author**

As a recovered alcoholic, 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. She is the author of *The Recovery Formula: An Addict's Guide to getting Clean & Sober Forever* and has written articles for *New Statesman*, *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 and a workshop facilitator.

**Beth is available for interviews.**

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

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