



Goodbye Addiction

TRAINING GUIDE



Improve your **Physical** and
Mental Health by learning all the secrets
of **Goodbye Addiction**



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GOODBYE
ADDICTION

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Introduction

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The word “addiction” brings to mind different images for different people. It can be difficult for someone suffering with an addiction or potential addiction to identify with the term “addict.”

Drugs and alcohol are no respecters of class, race, religion, or socioeconomic status. They affect people from all walks of life, and the pattern of addiction can develop in anyone's life.

The coping behavior becomes so disruptive, or destructive, that it significantly impacts the user’s life. Financial issues, depression, changes in mood and social network become the norm.

It can be very hard to break free from addiction but we are fortunate to live in a moment of human history, where there is a plethora of treatment options available for addiction.

We believe that a successful recovery includes the best of what each option has to offer, as recovery is a process that includes the entire familial and support system of the patient.

It is a holistic process and involves the rejuvenation of the mind, body, and soul, thereby this training guide help you explore all of it and focusses on saying goodbye to addiction.

So, let’s get started.