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I Shall Be Clean: Self Help Book for Addiction

By Linda Mather

Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. I have worked in the substance misuse field as a therapist, couples counsellor and family behavioural therapist for ten years and I feel that I have learned a lot about this client group and addictions, both from my colleagues and from my clients. It's very easy to get involved with drugs in this day and age, there is likely to be a dealer within a mile of anyone's home. No matter what type of area you come from drugs are not defined by class. It is extremely hard to come off drugs, once you are entrenched in them, by yourself. It takes motivation, willpower and it needs to be because you want to stop, not other people wanting you to stop. Some people would define substance misuse as an illness, for me that is difficult to accept. Illnesses are things that happen to us that are out of our control. For example illnesses like diabetes, colds and flu, thyroid disorders and cancer. We don't ask for these illnesses, they just come. Whereas substance misuse is...



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