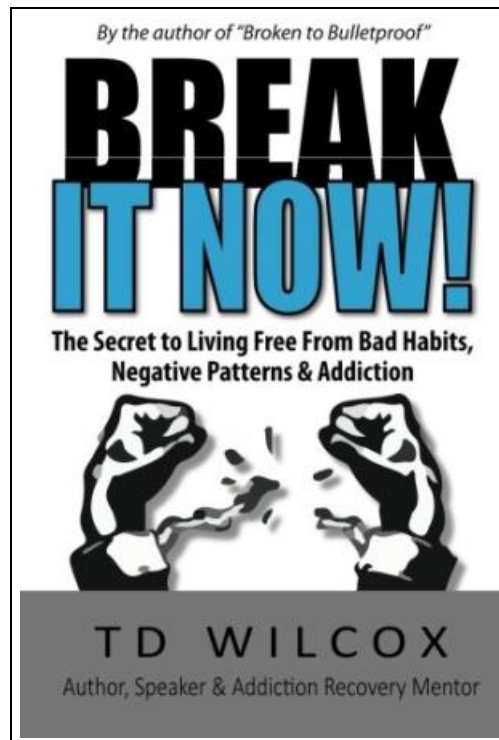


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BREAK IT NOW: THE SECRET TO LIVING FREE FROM NEGATIVE PATTERNS, BAD HABITS ADDICTIONS



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Atomic Media Works. Paperback. Condition: New. 114 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. Are you struggling to BREAK FREE from a bad habit, negative pattern or addiction BREAK IT NOW! reveals the secret to living in freedom from aggravating habits and patterns like nail biting, video games or too much social media all the way to more serious problems like alcoholism, drug, sex or porn addiction. In the authors own words. . . Things that started as innocent curiosities gradually progressed over the years into serious, enslaving addictions in my life. I experienced a progression from drinking a few beers as a teenager, taking my first glance at pornography, using prescription medication for legitimate pain to full-blown problematic behaviors in my adult life THAT I COULDNT STOP. By the time I was 47 years old, I found myself with a host of debilitating addictions that were causing major issues with my health, marriage, family, career, finances and relationships. There really wasnt an area of my life that wasnt being affected negatively by my addictions. I needed help or I was going to die - THATS how bad it was. TD Wilcox is a professional author, speaker, recovery mentor and marketing entrepreneur who shares his own amazing story of addiction, pain, loss, recovery and redemption with others who are struggling to break free. He lives in Southern California with his wife, Celeste, their four daughters and Gunny, the Wonder Dog. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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