



Kill Your Addiction Before It Kills You: How I Transformed My Life of Addictions, Bipolar and Suicide

Maria Pau

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If a bomb blast killed 232,108 people in any city, the world would be in tears, mortified with mouth hanging aghast and hearts pounding. Yet, any given year, we lose 232,108 souls worldwide to addiction and no one weeps except their family and friends. Death from addiction, bipolar and suicide is a shameful death, with only a small percentage recorded correctly on death certificates because of the disgrace associated with living this kind of lifestyle. Maria survived all three. She travelled on a plane alone at 11 years of age to come to Australia, started drinking at 13 and began smoking crystal meth at 15 years old. By 18 she was selling her body for a living and spent her 20's modelling, dabbling with marijuana, cocaine, ecstasy and LSD, partying with socialites, fashionistas, politicians, celebrities and going out with Yakuza, Triad and 5T gangster boyfriends. Her bipolar frenzy took her to 129 cities working in any capacity to support her habits and crazy lifestyle. Finally, she decided she wanted to reclaim her life back and regain her self-respect. After completing a Master's Degree in Public Health, majoring in Addiction Studies, a Diploma in Linguistics, a Psychology and Philosophy Degree and countless certificates and self-help workshops, Maria founded a charity called Coaching With Substance in 2003. The charity helps people not only acknowledge their mental illness and addiction issues but also understand the meaning within these experiences and the lessons to be learned so that they can continue to grow as beings of love and light. This book was written to inspire the reader of the soul's capacity to change. The stories of guilt, humiliation, dishonour, indignity and shame are told in brutal honesty and with courage. It impresses upon you that a happy ending is available to anyone who seeks to find it and works hard to maintain it. There is a light at the end of the tunnel so long as you don't give up trying and you kill your addiction before it kills you.

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Kerri Goodman:

Why don't make it to become your habit? Right now, try to ready your time to do the important take action, like looking for your favorite publication and reading a reserve. Beside you can solve your short lived problem; you can add your knowledge by the book entitled Kill Your Addiction Before It Kills You: How I Transformed My Life of Addictions, Bipolar and Suicide. Try to stumble through book Kill Your Addiction Before It Kills You: How I Transformed My Life of Addictions, Bipolar and Suicide as your friend. It means that it can being your friend when you sense alone and beside that of course make you smarter than previously. Yeah, it is very fortunated in your case. The book makes you much more confidence because you can know anything by the book. So , let us make new experience along with knowledge with this book.

John Armstead:

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Kevin Zavala:

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