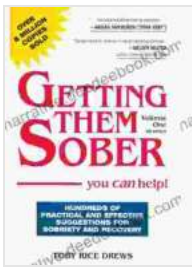


# Getting Them Sober Volume One: You Can Help Getting Them Sober

Addiction is a devastating disease that affects millions of people worldwide. It can destroy families, relationships, and lives. If you love someone who is struggling with addiction, you may feel helpless and lost. But there is hope. Getting Them Sober Volume One: You Can Help Getting Them Sober is a comprehensive guide to helping loved ones overcome addiction. This book provides practical advice and support for family members, friends, and others who are struggling to cope with the challenges of addiction.



## "Getting Them Sober, volume one -- You CAN help!"

("Getting Them Sober" Book 1) by Toby Rice Drews

★★★★☆ 4.3 out of 5

|                      |             |
|----------------------|-------------|
| Language             | : English   |
| File size            | : 526 KB    |
| Text-to-Speech       | : Enabled   |
| Screen Reader        | : Supported |
| Enhanced typesetting | : Enabled   |
| Word Wise            | : Enabled   |
| Print length         | : 204 pages |
| Lending              | : Enabled   |



Written by a team of experts in the field of addiction, Getting Them Sober Volume One covers a wide range of topics, including:

- The nature of addiction
- The signs and symptoms of addiction

- The different types of treatment available
- How to talk to a loved one about addiction
- How to support a loved one in recovery
- How to take care of yourself while helping a loved one

Getting Them Sober Volume One is an essential resource for anyone who is trying to help a loved one overcome addiction. This book provides valuable information and support that can make a difference in the life of someone you care about.

## **What is Addiction?**

Addiction is a chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite negative consequences. It is estimated that addiction affects over 20 million Americans.

Addiction is caused by a combination of genetic, environmental, and social factors. Some people are more likely to develop addiction than others, but anyone can become addicted to drugs or alcohol.

The symptoms of addiction can vary depending on the substance being abused, but they often include:

- Compulsive drug seeking and use
- Tolerance, or the need for more and more of the substance to get the same effect
- Withdrawal symptoms when the substance is stopped
- Continued use despite negative consequences

- Loss of control over drug use
- Social, occupational, and financial problems

Addiction is a serious disease, but it is treatable. With the right help, people can recover from addiction and live healthy, productive lives.

## **How to Help a Loved One Get Sober**

If you love someone who is struggling with addiction, it can be difficult to know how to help. The most important thing you can do is to be supportive and understanding. Let your loved one know that you care about them and that you want to help them get better.

Here are some specific things you can do to help a loved one get sober:

- Talk to your loved one about addiction. Let them know that you understand what they are going through and that you want to help.
- Help your loved one find treatment. There are many different types of treatment available, so it is important to find one that is right for your loved one.
- Support your loved one during treatment. Treatment can be challenging, so it is important to be there for your loved one and offer your support.
- Help your loved one stay sober after treatment. Recovery is a lifelong process, and there will be challenges along the way. Be there for your loved one and help them stay on track.

Helping a loved one get sober can be difficult, but it is possible. With the right help, your loved one can recover from addiction and live a healthy,

productive life.

## Resources

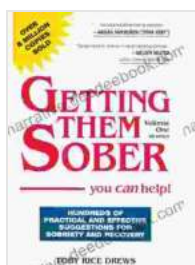
There are many resources available for people who are struggling with addiction and for their loved ones. Here are a few helpful websites:

- The National Institute on Drug Abuse: <https://www.drugabuse.gov/>
- The National Council on Alcoholism and Drug Dependence: <https://www.ncadd.org/>
- Alcoholics Anonymous: <https://www.aa.org/>
- Narcotics Anonymous: <https://www.na.org/>

You can also find support and information on addiction at your local community center or hospital.

Addiction is a serious disease, but it is treatable. With the right help, people can recover from addiction and live healthy, productive lives. If you love someone who is struggling with addiction, don't give up on them. Be supportive and understanding, and help them find the help they need.

Remember, you are not alone. There are many people who are willing to help you help your loved one get sober.



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