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Media Inquiries, Interview and Excerpt Requests

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**Out of Addiction Forever Announces the Release of its New Book
My Friend Is An Addict – What Can I Do?
This Book Gives Friends and Families of Addicts a Roadmap To Use To
Influence Their Addict Friend and To Take Back Their Lives**



May 2018 – Out of Addiction Forever today announced the release of its new book *My Friend Is An Addict – What Can I Do?*, the first book to give the friends and families of addicts an easy and convenient way to influence their friend and to take back control of their lives.

“In talking with family members of addicts, one thing that became very clear was that they were in serious need of a book that would make it easy for them to help them bring serenity into their own lives, as well as guidance on how to influence the addict beyond telling him or her to ‘go to a meeting,’” said Kathy Williamson, author, speaker and addictions coach. “That’s what this book was designed to address.”

“Spouses of addicts or alcoholics feel forgotten because of all the attention given to help addicts. They are seeking guidance on how to improve their own lives as well as hope that there is a process to use to influence the addict to change.”

“The initial response to this book has been even better than I expected,” continued Williamson. “I think what I’m seeing here is that family members and friends of addicts are drawn to some of the personal benefits as well.”

For example, Williamson said that many spouses of addicts or alcoholics were finding peace and calmness from applying this material, an important added plus – a feature not available in most other books or support groups. “I thought it was important, when creating this book, to give even more than what people were asking for,” said Williamson. “That’s why I didn’t stop with just the obvious angle. I really tried to cover all the basis.”

With the book *My Friend Is An Addict – What Can I Do?* spouses and families of addicts can receive immediate results in their lives when they learn to:

- Apply Tapping to reduce their stress and anxiety levels
- Change their beliefs to bring them hope
- Engage in passionate pursuit of their dreams for new excitement
- Implement positive boundaries in their life to remain calm
- Communicate with their addict friend with purpose
- Believe in themselves and their worth

About the Author:



Kathy Williamson overcame her ten-year addiction to pain medicines in 1990. Through her experiences and observations she developed the Roadmap Out of Addiction™.

Williamson was a non-professional counselor on crisis hotlines for over 12 years. She can identify with the deep emotional struggles people go through, as well as the stinking thinking and false beliefs they are stuck in. She especially understands the fears, apprehensions, and negative self-talk of addicts, from her own ten-year struggle to find a way to stop relapsing.

She was married to a former addict who, while he no longer abused alcohol, still operated in his old behaviors of being very manipulative, controlling, lying, blame-shifting, paranoid, egotistical (narcissistic), etc. So she knows what it is like to wake up one morning and realize your life was sucked out of you over the last three years. It took her a year to get her life back, as well as get the guts to leave her husband. She has a special message of hope to wives of addicts, whether they decide to stay or leave.

My Friend Is An Addict – What Can I Do? is the first book from Out of Addiction Forever. Kathy Williamson is an author, speaker and addictions coach and offers coaching, workshops and programs for both the addict and/or the families of addicts. People can obtain a **free PDF copy of the book** at www.MyFriendsAnAddict.com or order the paperback book or Kindle through Amazon.

***My Friend is An Addict – What Can I Do?
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