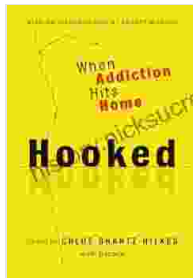


Hooked: When Addiction Hits Home



Hooked: When Addiction Hits Home

★★★★☆ 4 out of 5

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| Language | : English |
| File size | : 410 KB |
| Text-to-Speech | : Enabled |
| Screen Reader | : Supported |
| Enhanced typesetting | : Enabled |
| Word Wise | : Enabled |
| Print length | : 128 pages |



By Anne Fletcher

Addiction is a disease that can affect anyone, regardless of age, race, or socioeconomic status. It can be a devastating illness, not only for the person who is addicted, but also for their family and friends. In her book, *Hooked: When Addiction Hits Home*, Anne Fletcher shares her personal story of addiction and recovery. She offers a raw and honest account of the challenges and triumphs she faced along the way, and she provides valuable insights into the nature of addiction and the importance of seeking help.

Fletcher's story begins with her childhood. She grew up in a loving home, but she was always a shy and insecure child. She found solace in food, and by the time she was a teenager, she was overweight and struggling with an eating disorder. In college, she began drinking heavily, and she quickly developed a dependency on alcohol. After college, she moved to New York City and landed a job as a journalist. She was successful in her

career, but her personal life was in shambles. She was drinking heavily, and she was using drugs. She lost her job, her apartment, and her friends. She was homeless and alone.

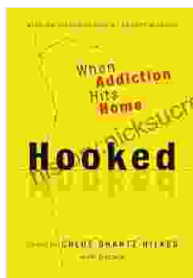
One day, Fletcher hit rock bottom. She was arrested for drunk driving, and she was facing jail time. She knew that she needed to get help, so she checked into rehab. Rehab was a difficult experience, but it was also a life-changing one. Fletcher learned about the nature of addiction, and she developed the tools she needed to stay sober. She has been sober for over 20 years, and she now works as a counselor, helping others who are struggling with addiction.

Hooked: When Addiction Hits Home is a powerful and moving memoir. Fletcher's story is a reminder that addiction can happen to anyone, and that it is a disease that can be overcome. Her book is a valuable resource for anyone who is struggling with addiction, or who has a loved one who is struggling with addiction. It is a book that offers hope and inspiration, and it is a book that can help to save lives.

Here are some of the insights that Fletcher offers in her book:

- Addiction is a disease. It is not a moral failing, and it cannot be cured with willpower alone.
- Addiction affects the entire family. It can cause financial problems, relationship problems, and emotional distress.
- There is help available for addiction. Treatment can be effective, and it can help people to regain their lives.
- Recovery is a journey, not a destination. There will be setbacks along the way, but it is important to never give up.

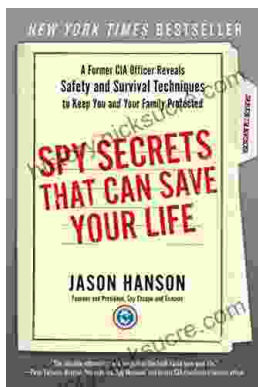
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Hooked: When Addiction Hits Home

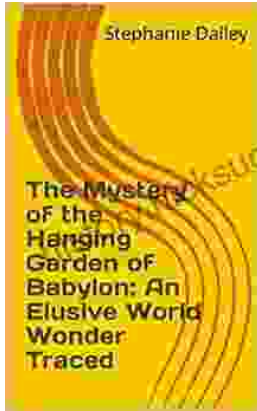
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