



Straight Up and Undiluted: A Personal Journey of Truth in Healing from Addictions.

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Straight Up and Undiluted: A Personal Journey of Truth in Healing from Addictions. Anonymous Book Preview This is a memoir dedicated to Hope for all who have yet to experience recovery from addictions - and those who have strayed from the Truth of what works. Alcoholism, Tobacco and Compulsive Gambling are my addictions. What works is a way of life that is immensely practical and contains a goodly share of peace and happiness. It is real! I am living it. I have found that Sanity equals the Truth. Insanity is defined as performing the same behaviors and expecting different results. This memoir is about... Truth based on personal honesty. Truth as the path from darkness to light. Truth to find healing and wholeness. Truth as the bedrock of changed behavior and Freedom from addictions. To all readers: I wish you Peace - peace beyond understanding - that is yours to claim as a child of God.

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