

How I Transformed My Life of Addictions, Bipolar, and Suicide: An Inspiring and Hopeful Memoir

This book is a powerful and inspiring memoir that chronicles the author's journey of overcoming addictions, bipolar disorder, and suicidal thoughts. It is a story of hope, resilience, and triumph that will leave you feeling empowered and motivated to make positive changes in your own life.



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

★★★★☆ 4.1 out of 5

Language	: English
File size	: 1828 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 179 pages
Lending	: Enabled



The author, who has chosen to remain anonymous, shares her story with raw honesty and vulnerability. She describes her struggles with addiction, mental illness, and suicidal thoughts in detail, but she also shares her journey of recovery and transformation.

This book is not just a story of overcoming adversity; it is also a story of hope and inspiration. The author shows us that it is possible to overcome even the most difficult challenges in life. She shares her coping mechanisms, her strategies for recovery, and her hard-won wisdom.

If you are struggling with addiction, mental illness, or suicidal thoughts, this book is a must-read. It will offer you hope, inspiration, and guidance on your own journey of recovery.

Here is a brief excerpt from the book:

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“I was sitting on the edge of my bed, staring at the wall. I had been drinking for days, and I was feeling hopeless and suicidal. I had lost everything—my job, my home, my relationships. I had hit rock bottom.

But then, I remembered something my therapist had told me. She said that even in the darkest of times, there is always hope. She said that I had the strength to overcome my addiction and my mental illness.

I took a deep breath and started to cry. I cried for all the pain I had caused myself and others. I cried for all the lost opportunities. But I also cried for hope. I knew that I could get better. I knew that I could transform my life.”

If you are ready to transform your life, Free Download your copy of this book today. It is available in paperback, ebook, and audiobook

formats.

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You can also learn more about the author and her journey of recovery at her website: www.transformedmylife.com.



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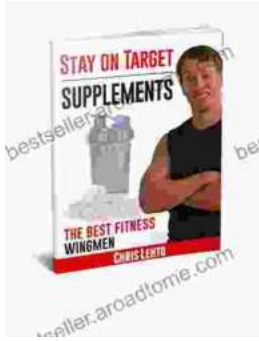
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