

Psychology

Espich, Lisa A. *Soaring Above Co-Addiction: Helping Your Loved One Get Clean, While Creating the Life of Your Dreams*. Atlas Bks. Jan. 2011. c.176p. ISBN 9780615359755. pap. \$14.95. PSYCH

Espich is married to a recovering addict who abused alcohol, cocaine, and prescription pills for the first 16 years of their marriage. Here, she tells the poignant story of her years of struggle, detailing the beginnings of the addiction, the family struggle with the disease, the challenge to keep her marriage alive, the strength she found in her faith, how she managed to find the right source of help for her husband and her family, and her process of treatment for co-addiction. The additional resources and suggested readings add still more value to this work. The author admits frankly that she is not a professional therapist. VERDICT Espich's honest writing about addiction is further strengthened by her lay approach. The result is a book that manages to find a significant niche among the wealth of other titles on drug addiction that are predominantly written by professional therapists with a particular treatment approach. Highly recommended to the families and friends of addicts.

—Dale Farris, Groves, TX