

Lisa's Bio

Lisa Espich lives in Tucson, Arizona, with her husband, Dean. She is a successful manager and coach for a Fortune 500 company. *Soaring Above Co-Addiction* is her debut book. After creating her own personal program for recovery from co-addiction, and witnessing the remarkable transformation by her husband, she is now passionate about helping other families to heal from the devastating effects of addiction. Lisa has designed and facilitates workshops based on the principles in her book. She is surrounded by a supportive and loving family, and continues to work on her own recovery and growth.