

## Twin Feather Publishing

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### EXCITING NEW APPROACH TO CO-ADDICTION RECOVERY.

**Tucson, Az, July 1, 2010**—An estimated 22.2 million Americans suffer from addiction. For countless people who love these addicts, their own lives get turned upside down too. A new book, *Soaring Above Co-Addiction*, teaches loved ones how to overcome the obstacles surrounding addiction, by utilizing tools such as affirmations and visualization. While it covers all of the traditional methods of recovery, like detachment and tough love, it also teaches the reader how to master the power of the mind.

The author, Lisa Espich, shares her experience of being married to a drug addict. After nearly two decades of trying and failing to rescue her husband, she shifted her focus onto her own recovery from co-addiction. By following the program shared in this book, she not only turned her life around, but also encouraged her husband to seek treatment and break free from his addiction. *Soaring Above Co-Addiction* goes beyond teaching the tools of recovery—it shows its readers how to create the life of their dreams!

This book provides the tools, tips, resources, and inspiration that families dealing with addiction need. *Everyone's story is different*, says Lisa, *“but the disease of addiction seems to cause the same pain, fear, and confusion, regardless of who you are”*. Although statistically one in four people will suffer with addiction, 90% fail to receive treatment. This book teaches loved ones how to address the issues surrounding addiction in order to heal their families.

Lisa is a successful manager and coach for a Fortune 500 company. After the incredible transformation in her own life, she is now passionate about helping other families to heal from the devastating effects of addiction. Lisa facilitates a workshop based on the principals in her book. For more information on these workshops you can contact her at [lespich@soaringabovecoaddiction.com](mailto:lespich@soaringabovecoaddiction.com).

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*Soaring Above Co-Addiction* by Lisa Espich. Original edition. 5 ½ x 8 ½, 176 pages, \$14.95. ISBN 978-0-615-35975-5. Available in bookstores January, 2011. For pre-publication sales or information go to [www.twinfeatherpublishing.com](http://www.twinfeatherpublishing.com).