



# From Hell to Happiness: A Route to Freedom from Alcohol / Drug Abuse

*Dr Andrew W Cook*

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## **From Hell to Happiness: A Route to Freedom from Alcohol / Drug Abuse** Dr Andrew W Cook

The journey from addiction to freedom and happiness can be long and hard. Some people never make it. In this book I attempt to simply show you how to overcome an addiction, to sign post the way forward, based on my experiences with alcohol abuse and my journey from Hell to happiness.

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