



Quitting Crystal Meth: What to Expect & What to Do: A Handbook for the first Year of Recovery from Crystal Methamphetamine

By Joseph Sharp

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Drawing upon the wisdom and experiences of recovered addicts and recovery professionals, QUITTING CRYSTAL METH: WHAT TO EXPECT & WHAT TO DO is a concise handbook that explains what you'll experience during the first year of recovery from crystal methamphetamine. It is a no-nonsense how-to manual written by a recovered meth addict for the addict who wants to quit.

Joseph Sharp explains, "I wrote the book I wished I'd had when I was trying to quit--a straightforward manual that would give me some idea of what to expect and better my chances at quitting Tina forever." QUITTING CRYSTAL METH is divided along the five stages of meth recovery. Additional chapters look at "Crystal Meth Anonymous Meetings - What It's All About" and "What About Relapse?" Upbeat and positive, QUITTING CRYSTAL METH: WHAT TO EXPECT & WHAT TO DO approaches the reader with respect and the disease of addiction with dignity.

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Editorial Review

From Kirkus Reviews

"A step-by-step manual for quitting crystal meth, for addicts and those who want to help them. Sharp, a former addict, presents a short, unsentimental and practical step-by-step guide to what methamphetamine addicts will face if they decide to quit. With patience, optimism and self-deprecating humor—not to mention an authoritative tone from his insider's knowledge—Sharp makes the entire experience of quitting and getting healthy seem not only possible but deeply alluring. A small book featuring an enormous amount of hard-won personal experience, calcifying into a commanding, reassuring guide for addicts to reclaim their lives." --Kirkus Reviews

From the Back Cover

"Quitting Crystal Meth is exactly the read you need if you're an addict who likes to know what's coming next."

Bryan Wilmoth, BSW, CATC-III

Franks House & Rainbow Bridge Community Services, Los Angeles

About the Author

Joseph Sharp is the author of QUITTING CRYSTAL METH: WHAT TO EXPECT & WHAT TO DO, the international bestseller LIVING OUR DYING. His books have been translated into four languages. Joseph served as chaplain for terminally-diagnosed cancer and AIDS patients at Parkland Memorial Hospital in Dallas, Texas and is a longtime survivor of HIV and cancer himself. A recovered crystal meth addict, Joseph lives in Palm Springs, CA and lectures nationally on crystal meth recovery.

Users Review

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