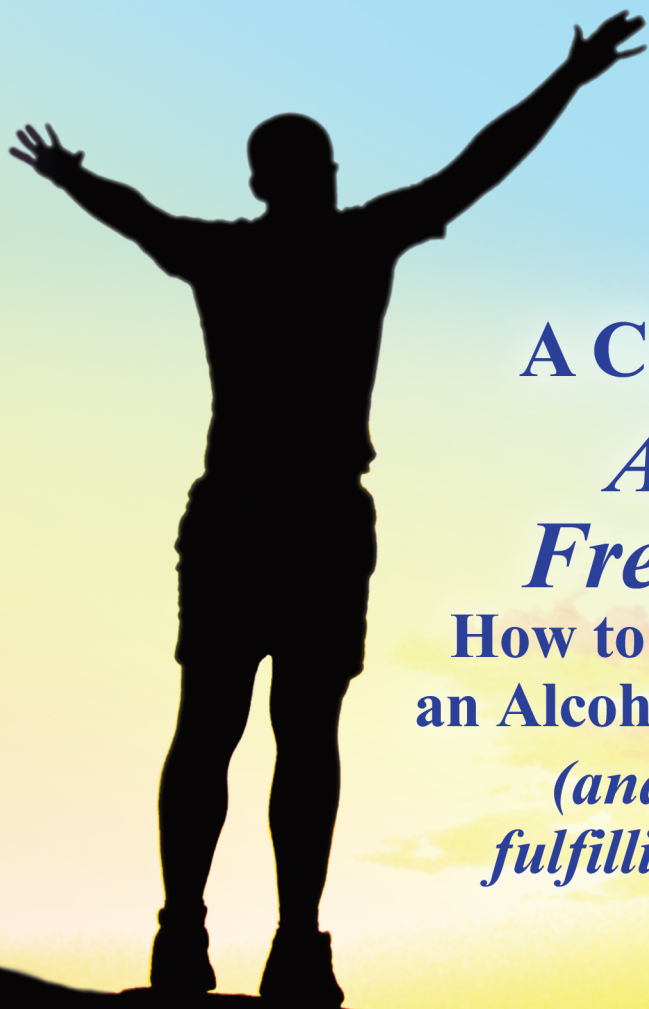


Addiction Free Forever Workbook



A Companion to
*Addiction
Free Forever:*
How to Permanently End
an Alcohol or Drug Problem
*(and have a deeply
fulfilling life naturally)*

Dennis Marcellino

Addiction Free Forever Workbook

Copyright © 2007 by Dennis Marcellino
Printed in the United States of America

All rights reserved. No part of this book may be reproduced in any form or by any electronic or mechanical means including, but not limited to: Information storage, recording, photocopying, and retrieval systems or by any other means, without permission in writing from the publisher and author, except by a reviewer, who may quote brief passages in a review.

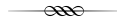
Published by Lighthouse Publishing
P. O. Box 40
Gladstone, OR 97027

www.LighthouseBooksAndMusic.com
Email: LighthouseOrders@aol.com

Cover design by Kathryn Marcellino
www.MarcellinoDesign.com

ISBN-13: 978-0-945272-30-4
ISBN-10: 0-945272-30-8

Table Of Contents



5 Read Me First

6 Disclaimer

7 Initial Strategy Decision

8 Phase 1: *Become Inspired*

9 Assignment for Phase 1: Alcohol/Drug Inventory

10 An Emotional Inventory

13 The Basic Philosophy of Life Test

22 Phase 2: *Make a Commitment*

22 Assignment for Phase 2: My Commitment to this Program

23 Phase 3: *Understand Life*

24 How to Choose an Addiction Recovery Program

25 Assignments for Phase 3

34 Phase 4: *Establish a Spiritual Connection*

34 Assignment for Phase 4

35 The Ultimate Guarantee: A Contract

37 Phase 5: *Re-evaluate Your Goals and Activities*

37 Assignment for Phase 5

39 Finding and Choosing the Right Environments

43 Phase 6: *Realign Your Heart*

43 Assignment for Phase 6

44 Phase 7: *Reprogram Your Mind*

44 Assignment for Phase 7

52 Phase 8: *Restructure Your Life*

52 Assignment for Phase 8

54 Plan for Adjustments as Necessary in Relationships

58 Phase 9: *Get Through Withdrawal*

58 Assignment for Phase 9

61 Suggestions for Going Through Withdrawal

64 Daily Record

66 Phase 10: *Map Out Your Continued Growth Plan*

66 Assignment for Phase 8

67 Life's Basic Functions Weekly Improvement Chart

68 An Overview of this Recovery/Transformation Method

70 Appendix A: *Reviews for Addiction Recovery Books by Dennis Marcellino*

72 Appendix B: *Personal Coaching*

73 Appendix C: *Terms of Use, Grant of License, Disclaimers of All Warranties*

READ ME FIRST!

A Message from the Author

Hi! I'm very pleased that you have decided to put in the effort to solve your current problem and put your faith in and work through my Addiction Free Forever Program. I know that if you follow it to the letter you will get many great benefits... not only help for an end to a drug or alcohol problem, but also a very positive upgrade in your life...even to attaining the best life possible for you. So as you go through the reading and assignments, have confidence that in the end your work will be well rewarded. You will be well on your way to a very fulfilling and meaningful life. I testify to this not only as a person who has received great letters and feedback from people who have read my books, but also as someone who personally had an addiction problem for 18 years with a number of things including alcohol and drugs. I attempted many solutions, programs, classes and counseling to alleviate my problems before I found the solutions I present in this program.

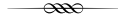
And I can testify that they have worked for me and others. For myself, I have been free from any desire for alcohol or drugs or other addictive tendencies (such as gambling and smoking) for 25 years now and have been living a very inspired, fulfilling life. Plus I haven't felt like I've missed out on anything by giving up the addictive substances and behaviors I was previously hooked by. And as you'll come to understand in this program, I am not a special case. (You can see some quotes and reviews from others about this program in Appendix A at the back of this workbook.) There are things that are common to the design of all human beings, and therefore there are some common solutions that work for all, which you'll learn in this program. The way to go through this program (which includes the *Addiction Free Forever* book and *Addiction Free Forever Workbook*) and absorb all of the materials, will all be dictated by this workbook as the main guide. So start with this workbook. It will lead you in and out of the other materials in the program. For the best results, go through workbook in the order it presents.

Thank you and I'll look forward to your progress along with you. ☺

Dennis Marcellino

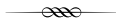
P.S. If you need some personal help with anything in the program, I'm available by appointment for personal coaching through telephone or e-mail. For information on this see Appendix B in the back of this workbook.

Disclaimer



Please note that this program is not intended to be exclusive of medical advice in that withdrawal has the possibility of putting a stress on the body and therefore the body needs to be analyzed as to the gradient of what your body can safely handle. Therefore it is highly recommended that you review your case with a doctor, especially one who is familiar with your medical and psychological history before you start any alcohol, narcotic or drug withdrawal process. Please read the full disclaimer and terms of use of this book beginning in Appendix C at the back of the book before beginning this program or using any of its advice.

10 Phase Addiction Free Forever Program



Start the program here. Follow the instructions in each phase, and in the order they are given. Please do not look ahead...in the workbook or the book.

Initial Strategy Decision

Before starting the program, a strategic decision must be first made regarding your current state of drinking and drug use and your ability to carry out this program. Because this program requires reading and thinking, it is important that you are clear and sharp enough to be able to adequately perform these functions. There are a few ways to help you get you into that state. Here are some of your options.

Option (1): You have enough hope in the program and enough willpower to temporarily stop using alcohol and/or drugs so that you can go cold turkey and put all alcohol and drug use on hold immediately (assuming this is safe medically with a clearance from your doctor if necessary) so that you will have enough mental faculties to carry out the program. If that is the case, stop all alcohol and drug use and proceed to Phase 1.

Option (2): You aren't strong or clear enough yet to be able to put your use of alcohol or drugs on hold, but you don't think that they will hinder you from being able to proceed with the program. You think you will be able to carry out the program as you are now until the withdrawal phase is entered (which is Phase 9). That means you have the ability to read, study and do homework. If at any time you discover that you don't have the ability to do those things while continuing in any level of alcohol and/or drug use, skip to Option (3).

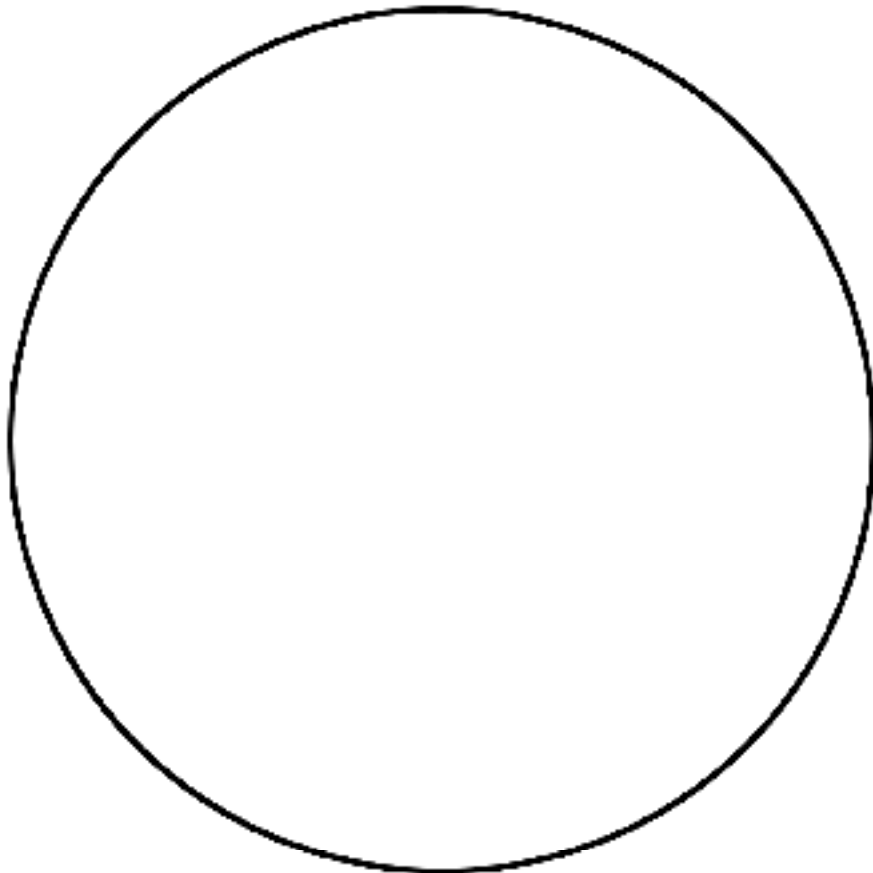
Option (3): You have hope that the program will work but don't have the ability to do Option (1) or (2). That is, you don't have the strength to go cold turkey, but alcohol and/or drugs are having too much of an effect on you for you to be able to carry out the reading, comprehending and assignments. If this is the case you should start with Phase 9 and then after you've completed withdrawal, or at any time during withdrawal that you feel like you can, go back and continue the Phases in numeric order, starting with Phase 1.

Exercise 2: On this page, make a pie chart as to what percent of time you spend in each emotion. The purpose of this exercise is to get an inventory of how things are now so that you can see the areas needing improvement.

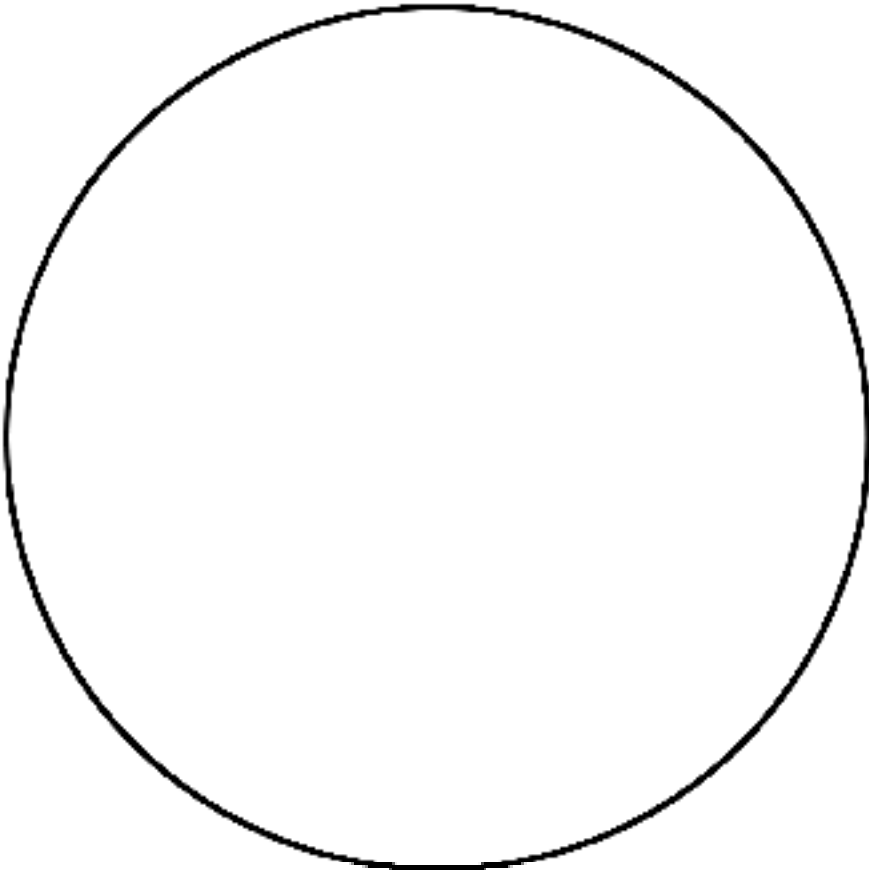
Example of pie chart:



Draw your pie chart here with lines and emotions:



Exercise 3: Now, make a list and pie chart of how you would **like** your emotional life to be.



4. Do the '**Basic Philosophy of Life**' test. This will help you to see where you are now and also give you an idea of areas in your life that can benefit from improvement. Even if things seem bleak in some areas right now, write them out as they are now, but do know that there are remedies for each of these areas and we will be going through how to improve them to a better state.

The Basic Philosophy of Life Test

1. What grounds you? That is, what makes you feel emotionally and mentally stable?

2. What gives your life meaning?

3. Who and what do you look up to?

4. With whom do you feel a sense of family?

5. Where do you find your security?

6. What gives you purpose?

7. How do you escape loneliness (or do you)?

8. How do you relate to death?

9. Who and what are the authorities in your life?

10. What feels real?

11. What feels false?

12. Who and what do you identify with?

13. Who and what do you belong to?

14. How do you relate to everything that goes on inside you?

15. What motivates you (in general...every day...every moment)?

16. How do you explain existence?

17. Who and what guides your path?

18. Who and what forms your attitudes?

19. What excites you?

20. What inspires you? The 3 wise men followed a star. What is the star that you follow in your life?

21. What are your goals?

22. What is the basic philosophy of your personal life?

23. What is the basic philosophy of your family life?

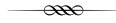
24. How do you relate to your job/career?

25. What is your basic philosophy of how to relate to the world/nation/others?

The importance of having a basic philosophy, based not on possible faulty programming from our past or the society or parents or friends or the media or entertainment industries or schools, but on THE truth and reality about ourselves and of life:

- A basic philosophy of a “true life” is based on truth and what is real and allows nothing that is untrue or unreal to dominate or control us, like faulty ideas that have been programmed into our memory banks and automatic-pilot subconscious’ impulsive reactions.
- It is in harmony with our body, nature and the universe.
- It creates peace and deep fulfillment in us.
- It leaves us with no intellectual or experiential problems that can’t be quickly resolved to our intellectual satisfaction and peace in our heart.

Phase 2: *Make a Commitment.*



Make a whole-hearted commitment to be alcohol and drug free based on a strong sense that you now have a method that will help you accomplish that.

Assignment for Phase 2: Read and sign the 'Contract with yourself'. (See below). If you have any counter feelings for being able to wholeheartedly sign this, write them down. We'll address them later... that is, unless at some point you can come back and decide to sign this.

My Commitment to this Program

On this day _____, I, the executive of my life, make the following commitment to myself and to all others who are tied to me and who I affect in life, including the One who created me and the world in general.

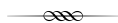
Based on the exercises in Assignment 1 and the inspiration that I'm currently feeling, I, _____ wholeheartedly commit to the following:

1. To stick with and faithfully follow this program until I have fully completed all 10 Phases
2. To not relinquish my skepticism until it is naturally satisfied
3. To achieve the goals that I established in the Emotional Inventory
4. To keep an open mind and not judge anything in this program unless I'm absolutely certain that my judgments are correct, which I will only determine after very careful reflection and actually trying what is presented and, not by impulsive response

Signed this day

By (your signature)

Phase 3: *Understand Life.*



Your basic philosophy of life and way of viewing it is the foundation from which all of your decisions are made. Therefore if your decisions are to be in harmony with reality, nature, and work smoothly within your overall being, you need to recognize and understand the basic overriding truths about life as well as understand how life (which includes all of our relationships) and our being (mental, physical, emotional, spiritual) were optimally designed to operate. From what you've already read, you know by now that the Bible is going to be a major resource in this program. But out of all of the advice in the world on how to get rid of an addiction problem and even how to live in general, how do you really know which advice will bring the best results? And out of all the explanations in the world as to what the truth is about this life, how do you know which one (if any) is true?

There are two ways to find out which one is true and they are: 'try it' and 'prove it'. Now in the "try it" approach, there are two problems: (1) there are so many things to try, and (2) to fully try each one takes a long time. You can read in the "About The Author" pages beginning on page 211 of *Addiction Free Forever* as well as the web page it refers to on page 102 in that book and see all of the things that I tried and how many years it took me to find the one that actually worked.

(A side note: isn't it strange how what turned out to be the truth and real solution is something that isn't acknowledged by the mainstream and isn't supported by insurance, both of whom still say they can't solve the growing addiction problem in this country, yet they still won't acknowledge Christianity as a solution that has worked many times for many individuals, me included? But even more strange is the fact that this is occurring in a country where 97% say they believe in God and 83% call themselves Christians. In completing the assignment for this Phase you'll come to see why that is.)

So, we are going to start with the "prove it" approach in the Phase 3 assignment, and eventually we will get into the "try it" approach.

How to Choose an Addiction Recovery Program

It's not that hard to get motivated to want to transform if you recognize that although you've been in charge of your life so far (even when you chose to let others be in charge or perhaps yielded to them out of fear or other feelings), it hasn't worked as well as you'd like. There's a problem though after you feel that motivation and then commit to wanting to do something about it. Once we recognize a "need" and decide we want to satisfy it, we then move into "hope" that there will be a way to do that. That is true for many types of needs (e.g. finding a good mate or a good job). The next challenge is, where are we going to place our hope? It is typical in this world to place our hope in the "recognized" authorities and practitioners in the world. And that recognition is often based on the letters after their name. But we shouldn't let our hope and need cause us to be too hasty in making a decision to put our hope in the hands of others.

To make good choices there are two things to consider:

(1) Look at the results of the profession and method that they are in. Now, we don't see the social statistics or addiction rates in the world improving. So that should make us wary of putting complete faith in the endorsed methods of the world and its credentialing system. Plus, the recent HBO "Addiction" series reported that the average number of visits to a rehab center were between 4 and 5 times, whereas the program here has often had very quick complete cures (I'm one of them). And it is also good to recognize that credentials don't tell the full story about the quality of a counselor or treatment center, no more than a person saying that have a music group reveals the quality of the music. Besides credentials, one might want to ask how developed is the individual counselor or treatment center and what the program success rates are.

(2) Has the person you are going to trust for help actually satisfied the same need that you are trying to satisfy (and therefore knows the path to being addiction free first hand as well as knows what the hurdles *feel* like)? Or have they successfully helped many others to do so? For example, I used to take singing lessons and wondered why I wasn't making progress...until I recognized that none of my teachers could sing well themselves. All they could do is run me through a method that they learned and cost me a lot in the process, while I hung on to hope and trust (for results that never came). But like you

read in my story, I have resolved a long-time problem of addiction and know exactly what it takes. And that is what motivated me to put this program together...because I want to see others get the great benefits that I did. (And there is much about the human design that is the same for all). So I presume that a big reason why you decided to give this program a try is because of my personal success with it and the fact that I say that only this approach solved my addiction problem after trying many other approaches in the world. That is a big reason why I put this program together...to try to save people the many years of suffering, expense and experimenting that I went through.

Besides gathering information from the many areas, including psychology, the one thing I found that was very important and necessary for success was advice I found in the Bible. So because I'm basing some of this program and my success on following this Biblical advice, first I'm going to start by proving to you that the Bible is actually a book of truth. Most people would probably say, "Well that sounds nice" about some things they've heard about or read in the Bible. But a quality life and ridding oneself of an addiction requires more than that. It requires basing your life on all the Bible as a whole and not picking and choosing this or that. So if I'm proposing that you take the Bible seriously and follow what it says faithfully, especially amid a society that doesn't generally follow that path, it would be good to first prove to you that the Bible is all true and worthy of being followed (amidst all the other explanations in the world.)

Having this kind of assurance, knowledge and understanding will also empower you and inspire you. Plus it is good to clean out all lingering doubts in regards to the Bible and the real meaning of our lives, including any questions and doubts, questions or negative thoughts or feelings you might have accumulated over your life about what's in the Bible or the Bible itself. Therefore this next assignment will help you to clear those out so that you are ready, strong and single-minded to be able to tackle a major life change.

Assignments for Phase 3: After reading the *Addiction Free Forever* book, if you are convinced that God exists and the Bible is all true, then move on to "The Basic Philosophy Of Life Test" below. If you aren't totally convinced (and I would HIGHLY recommend this anyway), read *Why Are We Here?* and its workbook and complete the assignments in the workbook. If you do not have them they are available at www.lighthousebooksandmusic.com.

Note: Read the *Why Are We Here Workbook* and do its assignments before reading *Why Are We Here*?

You probably have some preconceived notions about what you will read, and you most likely have heard comments and judgments by others,. but I ask you to try to keep a completely open mind about all of this, as if you are hearing it for the first time. Try to withhold any judgments unless you are ABSOLUTELY CERTAIN that your judgments are correct. Self-reflection often reveals that we get some of our opinions by just repeating what others have said or what we've read or seen on television or how we've been programmed as children. But a lot of what is said in the world is untrue, as we come to see the longer we live. Therefore I do not ask you to just blindly accept what you're about to read without first sufficiently proving it to you.

After reading *Why Are We Here?* and its workbook and completing the assignments in the workbook...given what you learned and how it may have changed your viewpoint...answer these questions once again from the 'Basic Philosophy Of Life' test.

The Basic Philosophy of Life Test

26. What grounds you? That is, what makes you feel stable?

27. What gives your life meaning?

28. Who and what do you look up to?

29. With whom do you feel a sense of family?

30. Where do you find your security?

31. What gives you high purpose?

32. How do you escape loneliness (or do you)?

33. How do you relate to death?

34. Who and what are the authorities in your life?

35. What feels real?

36. What feels false?

37. Who and what do you identify with?

38. Who and what do you belong to?

39. How do you relate to everything that goes on inside you?

40. What motivates you (in general...every day...every moment)?

41. How do you explain existence?

42. Who and what guides your path?

43. Who and what forms your attitudes?

44. What excites you?

45. What inspires you? The 3 wise men followed a star. What is the star that you follow in your life?

46. What are your goals?

47. What is the basic philosophy of your personal life?

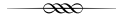
48. What is the basic philosophy of your family life?

49. How do you relate to your job/career?

50. What is your basic philosophy of how to relate to the world/nation/others?

Now go back and compare them to the answers you gave in Phase 1. Has there been a change? (Some of these answers should be the same for everyone because they are based on the optimum ways that human beings were designed to function.)

Phase 4: *Establish a Spiritual Connection.*



Below we will cover how to find God and perfection within you.

Assignment for Phase 4: Start the practice of meditation. Re-read pages 86-90 in *Addiction Free Forever* for the instructions on how to meditate, and then practice the meditation as prescribed.

From what you learned in this and the last Phase, once you are intellectually and experientially convinced that the Bible is true and contains the best approach to life, print out and sign **The Ultimate Guarantee** contract on the next page.

The Ultimate Guarantee

Now that you have proof that the Bible is true, on this next page is the “deal” that God offers you in His communication to us (the Bible) regarding your livelihood and needs. The Bible calls these: “covenants”. I’m going to state it like a contract.

After you’ve read it and studied it...copy it, sign it, frame it, and put it in a prominent place to remind you of what you can rely on from God for aligning with Him and for your hard work of learning and doing things His way.

A Contract

Between God and _____ (*your name*)

On this day _____ (*date*) the following parties agree to enter into a contract that is legally binding within all of existence by the laws of the universe.

Wherefore, the first party, heretofore referred to as _____ (*your name*) enters into a contract with the second party, heretofore referred to as God.

The following is promised to _____ (*your name*) by God:

1. Your livelihood (Matthew 6:25 “Therefore I tell you, do not worry about your livelihood, what you will eat or drink or what you will wear.”)
2. Satisfaction of your needs (Matthew 6:8, 25, 30 “Your heavenly Father knows what you need before you ask Him. All these things will be given you. He will even provide much more for you”.)
3. Never having to ever worry about your needs, your life or the future (Matthew 6:25, 31, 34 “Do not worry about your life. Stop worrying. Do not worry about tomorrow; tomorrow will take care of itself.”)
4. Citizenship in the Kingdom of God (Philippians 3:20 “Our citizenship is in Heaven.”)
5. Assurance that everything that happens in your life will be for a good reason (Romans 8:28 “We know that all things work for good for those who love God,

who are called according to His purpose.”) Placing our total trust in God (as spelled out below) won’t tell you exactly what the future will hold, but whatever it is, it is guaranteed to be ultimately for the good.

6. Rest for your soul (Matthew 11:28, 30) “Come to me, all you who labor and are burdened, and I will give you rest. For my yoke is easy, and my burden light.”

To receive said benefits, the following is required of _____
(*your name*):

1. Seek first the kingdom of God and his righteousness. (Matthew 6:33) (This “seeking first” is accomplished by studying and obeying everything that is in the Bible. And “first” means making that process your highest, first and, really, only priority.)

2. Romans 8:28 “We know that all things work for good for those who love God, who are called according to His purpose.” All are “called” to make God the head of their life, but you must personally answer that call as God gives everyone free will and gives us all a choice if we want to follow Him and be a part of His kingdom or not. “His purpose” for everyone is: doing what was stated in 1.

3. Actively responding to life with whatever God puts on your heart or in your mind (inspiration via your 6th sense) or to whatever life presents to you, but only within the guidelines of the Bible and the Holy Spirit. This means: not being idle and doing things God’s way, which is the best way for yourself and those you love even if you or they don’t realize it at the time.

4. Remain in “agape” (a specific kind of Biblical love). “Without love you are nothing.”

All of this is guaranteed on the authority of the Bible (which has been proven to be true).

I, the undersigned, agree to fulfill my obligation as stated above, and in doing so, fully expect to receive the benefits stated above.

Signed on this day (date)

By (your signature)

Finding and Choosing the Right Environments

In a sense, life can be a very lonely endeavor. That is, if you look at this planet from an over-viewpoint five miles above it, you see very few people. What you do see is a lot of concrete, glass and wooden boxes, and moving metal and glass boxes. We know that there are people in all of these, but there is no direct contact with them when they are in these states. (And the problem here is that much unseen evil and dysfunction can go on behind closed doors).

Being that we are social beings, we need to form relationships with other humans who dwell in these boxes. But because there are so many walls, we see few people. And because we see few people, our range of selection is very limited. Whereas, we should have a large selection of people to choose from so that we can find the ones who best fit all of the nuances of our needs, and for whose needs we are best suited, and with whom we could best manifest our specific talents, gifts and developments so as to fit into the overall fabric of specialized human involvement. Now I'm not saying that we can't create a large selection by finding the people who would be optimum for us, but that might take work and effort (which I highly encourage). But in most cases we're just like pinballs, haphazardly forming relationships with those who just happen to be around. What I'm saying here is that we have to be aggressive, patient and businesslike about finding the people for our relationships in life.

But this all has to start with 'knowing what we're looking for'. So then, how can we know the attributes of our perfect mate, the specifics of our perfect job, the location of the perfect city and neighborhood for us to live in, the perfect type of dwelling for us in it, the perfect friends, social groups, activities, etc. for us personally?

Well, if you want to know your heart's desires, let your heart show them to you in movie form, that is, through fantasizing. This can be done anywhere, but a good formal setting would be to go in your bedroom, close the door, turn off the light, lay on your bed, close your eyes and fantasize the following:

(1) Your ideal job - and all of its aspects. What are you doing, how do you feel about it, where does it take place, what are your hours, what is your boss like (or are you the boss, and what are you like in it), how much do you make, what are the potentials for growth, what are your ambitions and desires, etc.

(2) Your ideal mate - (if you're single) what does he or she look like, what is his or her personality like, what are his or her interests, beliefs, feelings about children, energy level, etc.

(3) Where you live - which city...house or apartment...urban or rural...dense or sparse...active or relaxed...the climate...what's available there, etc.

(4) Your friends, social groups, activities, etc. What will they be like? Where will they be? How will you feel there? What will you be doing there? What will the outcomes be of you being there?

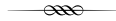
And only pick fantasies that make you feel good, inspired, and that are in harmony with nature's optimum design (as described in the Bible). The key to this fantasizing process is to let the fantasies come to you. Don't force them or manipulate them.

NOW MAKE THESE HAPPEN. Do whatever it takes.

After reading this book, you'll have all of the answers that you'll need to successfully live this life. So therefore, if your life or anything about it isn't working, you have only yourself to blame. There is no room for complaining, only room for work. And there IS a lot that you can do as you move step-by-step closer to making your fantasies come true.

As the fantasies come to you, write them down. But really dwell on them for a while to make sure that they just aren't impulses and that they are felt to the deepest parts of your heart, because it is ultimately your heart that will either empower you to carry them out, or not give the energy to do so, or resist them in some way. Then when you're through, enter them in on the next page. And be very detailed in your answers. Once again, right after them, assign a numerical value as to how inspired these goals and activities are, on a scale of 1 to 10 with 10 being the highest. And as with all the exercises, don't just breeze through them...really dwell on them. This is your life. And the quality of your life will depend on how much you work at it.

Phase 7: *Reprogram Your Mind.*



How you think about life

Assignment for Phase 7: Relook at the 'Basic Philosophy of Life' tests you've taken in light of what you've been learning and experiencing in this program. What does the Bible say about how you should look at life? Now retake the test again and answer those questions from the perspective of how the Bible says you should optimally answer them. This is key because this is what you are going to be reprogramming your subconscious with...that is, to be in harmony with The Natural Design. Before doing this, learn the fine points on how to do a Bible study. If you don't know how to do this, you can find these instructions in *Why Are We Here?* pp. 93-95 under "How To Do A Bible Study". Now do this exercise utilizing Bible studying skills.

The Basic Philosophy of Life Test

51. What grounds you? That is, what makes you feel stable? What does the Bible say we should put our stability in? Are you doing that and how do you need to change to align yourself with reality?

52. What gives your life meaning? Is it something that will be of ultimate value from a Biblical and eternal perspective? What would you want to be known for or have accomplished as you lie on your deathbed? What type of person do you want to be as you meet your Creator?

53. Who and what do you look up to?

54. With whom do you feel a sense of family? (Besides our family responsibilities that are God given, Jesus says that His family are those who do God's will. Do you have a spiritual family or friends to help you spiritually grow? If not, where and how can you find them?)

55. Where do you find your security?

56. What gives you high purpose?

57. How do you escape loneliness (or do you) and how can you?

58. How do you relate to death?

59. Who and what are the authorities in your life? Is God the highest authority? Do your life (outer and inner) and actions say that He is?

60. What feels real?

61. What feels false?

62. Who and what do you identify with?

63. Who and what do you belong to? Is it time to make changes in some of your ties and relationships that aren't helping you be the person you want to be? Is it time to join groups of helpful, God-focused people?

64. How do you relate to everything that goes on inside you? Do you act impulsively or do you take time to examine what is going on inside and then decide how you will act rather than react? What do you need to work on in this regard?

65. What motivates you (in general...every day...every moment)?

66. How do you explain existence? Is it based on just your ideas or something you heard somewhere, or on the reality that our Creator reveals to us in the Bible?

67. Who and what guides your path? Who do you follow? God? Yourself? Others? Impulsive feelings? The desire for sensation and fun?

68. Who and what forms your attitudes?

69. What excites you?

70. What inspires you? The 3 wise men followed a star. What is the star that you follow in your life?

71. What are your goals? Do they take into account what you might want to have accomplished by your life's end, which could be any moment or day for all we know?

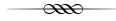
72. What is the basic philosophy of your personal life?

73. What is the basic philosophy of your family life?

74. How do you relate to your job/career?

75. What is your basic philosophy of how to relate to the world/nation/others?

Phase 8: *Restructure Your Life.*



Your environment, your family, your peers and your support group

Assignments for Phase 8:

(1) Make a list of all of the people who are in your life. Next to their name indicate whether they are “toxic” or not (that is, will they be a plus or a minus in you achieving your addiction-free and happy-life goals). Assign a numerical value to their influence on your new life, on a scale of 1 to 10 with 1 being toxic and 10 being most helpful.

On the next line write an evaluation of whether you think that if you were to tell each of the people on your list about your new goals, would you feel that they would support you, or make it harder for you (such as give you temptations or criticizing your new goal).

Finally, on the next line, keeping in mind the new life that you decided on in Phases 6 and 7, determine who you must limit contact with and who it will be safe to continue being around and who you are committed to and will try to work with. (Use the Bible’s advice on how to handle those kinds of situations. Separating yourself from people isn’t always necessary because they can also be opportunities for your growth in learning how to relate to people who are “off” at times . You can think and feel about them in the new Biblical ways that you are learning, as opposed to how you maybe used to think and feel about them and relate to them. The optimum of course would be for those in your old life to accept the new you, and in the process be given an opportunity for transformation themselves. If that presents itself as being the case, then that will make your transformation easier and beneficial for others. In fact, in the process of selling others on the new way, you will also be reinforcing your own new brain grooves and solidifying your new way quicker as well as building the strength and single-mindedness to carry it out.)

Plan for Adjustments as Necessary in Relationships

Person #1 _____ Toxic or Helpful? (1-10) _____

Evaluate whether this person would be supportive or hurtful to my new goals:

Plan for revisions in future interactions this person:

Person #2 _____ Toxic or Helpful? (1-10) _____

Evaluate whether this person would be supportive or hurtful to my new goals:

Plan for revisions in future interactions this person:

Person #3 _____ Toxic or Helpful? (1-10) _____

Evaluate whether this person would be supportive or hurtful to my new goals:

Plan for revisions in future interactions this person:

Person #4 _____ Toxic or Helpful? (1-10) _____

Evaluate whether this person would be supportive or hurtful to my new goals:

Plan for revisions in future interactions this person:

Person #5 _____ Toxic or Helpful? (1-10) _____

Evaluate whether this person would be supportive or hurtful to my new goals:

Plan for revisions in future interactions this person:

Person #6 _____ Toxic or Helpful? (1-10) _____

Evaluate whether this person would be supportive or hurtful to my new goals:

Plan for revisions in future interactions this person:

Person #7 _____ Toxic or Helpful? (1-10) _____

Evaluate whether this person would be supportive or hurtful to my new goals:

Plan for revisions in future interactions this person:

Person #8 _____ Toxic or Helpful? (1-10) _____

Evaluate whether this person would be supportive or hurtful to my new goals:

Plan for revisions in future interactions this person:

Person #9 _____ Toxic or Helpful? (1-10) _____

Evaluate whether this person would be supportive or hurtful to my new goals:

Plan for revisions in future interactions this person:

(2) Find support groups that are in line with your new way of approaching life. Re-read *Addiction Free Forever* pages 165-172 on how to find support. Go to some of these groups and see which ones feel the best and most supportive to you. Be ready to try new groups if one group doesn't work. Fill your life with people who share your new way of looking at things. Remember what I

said earlier about the “work and effort” it might take to be in environments of like-minded people? Well that work and effort is made a lot easier by the fact that there are many such large groups in recovery groups and churches.

List Groups To Visit and Indicate Where You Feel Supported:

(3) Find one particular person who will be your main addiction-free confidant (preferably someone of your own gender, and definitely so if you are married), who has the same addiction-free goal as you. If they waiver, try to inspire them not to. If they continue and they start dragging you down to the point of where you don't yet have the strength to pull them up, find a new confidant. Also have a non-addicted confidant. They could be a current friend, or a new friend that you could find (e.g.) at church or a recovery support group. Also it is a good idea to get involved in small groups or service projects at church. That's how you can make friends more easily.

Write a list of possible people you can ask to be your support person:

Phase 9: *Get Through Withdrawal.*



Activities to turn to that can relieve the pressures and pains from withdrawal

Assignment for Phase 9: (The following is excerpted from *Sweeping It Under The Drug*, chapter 18.)

Getting Through Withdrawal

So now, let's deal with the hardest part of making the transition from 'being attached to drugs and living a saccharin, problematic life' to 'living a happy, natural, satisfied life'. That is, getting through withdrawal).

This is a hump that, once gotten over and into a natural lifestyle , it would be very hard (if not impossible) to go back the other way because you are now grounded in the truth about life and living in a positive fashion that is better than your addiction.

A lot of determination, inspiration and commitment are needed to get through withdrawal, as well as a lot of support from others. If a person going through withdrawal doesn't have supportive people around him or her, he or she should seek them out. There are many of them out there in anti-drug support groups, personal growth groups, hospitals, clinics, churches, etc.

The purpose of these support groups is to keep a person knowing that they are doing the right thing and why. Plus there is strength in agreement. And strength will be needed because there will be some suffering that must be endured, and it is very helpful to have strength and knowledge to get through the suffering and over the hump. But it's worth it because once over the hump you at least won't be physically pressured again to use drugs or drink. (And this program takes care of psychological pressures when the advice is followed).

Although relatively mild, I'll use sugar withdrawal as an example. It goes like this. The body will give a person who is addicted to sugar a craving for something sweet. If the craving is not satisfied, a headache will start to come on as the blood sugar level lowers. And it will increase in intensity the longer that the craving goes unsatisfied. At this point there are a few choices, one of which is to eat something sweet. But this will eventually lead to the low blood sugar headache again if the sugar addict does not continue to feed it. Thus this sugar-hyperness/insulin-fatigue roller coaster becomes a way of life. But eventually, because the body wasn't made to operate this way, the organs involved in this process will start to break down and this will lead to hypoglycemia and even diabetes.

Another potential problem that is often suffered along the way is obesity, as colonies of yeast feed off of the sugar that is supplied to them. This also happens when the "good yeast" in the body is rendered helpless against the "bad yeast" during times of stress or antibiotic use. Now let's look at the other choice.

The other choice would be to not satisfy the sweet craving and decide to get off of the roller coaster. What then ensues is: the headache gets worse and worse and maybe lasts for a few days. So like with other sicknesses, take some ibuprofen and take a bunch of naps. Eat a little fruit. And when this process is over, you'll come out on the other side with a stable blood sugar level and a much better feeling. You won't crave sugars, you won't have so much fatigue and headaches, you'll probably lose weight, you'll be in better moods and you'll be more productive as well as healthier overall.

Now aren't all those things worth it? And... never go back to sugar addiction again. Don't even tempt yourself by toying with the possibilities. Knowing the consequences, don't allow yourself to get lax in this, seeking tastes sensations out of boredom or sleepiness or stress or emotional problems. Take a nap, do something inspired, meditate, read something inspiring or work on solving your emotional problems. (That's why this program puts an emphasis on resolving emotional problems...because they fuel addictions). The heavily processed and condensed foods of today are not in tune with your body's design. Try to eat foods in the most natural form that they present themselves in. If sugared foods burn your throat or give you stomach aches or lead to headaches, see these as nature's warning signs that these things are going to do your body harm.

But of course, because the body adapts to addictions (by lessening the harshness of the initial feedback it gives to try to make us not use addictive substances), the addictive person has a lessened sensitivity to the body's messages of how bad these substances are for it. But, after the sugar withdrawal, your taste buds will change back to a sensitivity to those messages and not like the bad foods. And you can maintain this sensitivity if you don't get into the habit of the following kind of eating: see it (almost whatever it is)...open your mouth... and shove it in...ignoring the body's feedback for either social reasons or addictive "needs" or other kinds of frustrated needs.

Now there are psychological addictions and physical addictions. And there are things that a person can do to help them withdraw from the momentum of either type. The length and the intensity of the withdrawal will depend on the length of the addiction and the power of the drug(s) addicted to.

But whatever it takes, get through it. No matter how painful it is, you can make it. Many others have. Just accept the pain and see it as the penalty that you have to pay to nature for abusing its ways (of course, there are things that you can do to make it more bearable, which will be described in this chapter).

Once it's over, it's over (that is if you've set up a natural environment and lifestyle that fill the void left by the addictive substance). Besides, consider the alternatives: A lifelong drain of money, effort and health; inevitably having to go through it anyway; possible death; the possible after-death consequences of suicide and/or a wasted, abusive life; missing out on high-quality living; etc. And there are more.

Write down all of the pros and cons for going through withdrawal, and then talk yourself out of all of the cons and into the pros. I do want to restate here that you will have a hard time in being able to permanently "say no to drugs" until you have something more powerful, inspiring and satisfying to say yes to. That's why I spent a great deal of time in this book about drugs spelling out the specifics of 'the natural lifestyle' which is described by the Creator of us and our nature in the Bible. This is because, it is the only lifestyle that our emotions will honor with peace and satisfaction, and won't dishonor with the emptiness, enturbulation and dissatisfaction that leads us to drugs.

Write down the pros and cons of stopping your addiction here:

Pros:

Cons:

Suggestions for Going Through Withdrawal

If you've decided that you're going to go through withdrawal and get it over with, here are a few suggestions.

It might help, or even be necessary depending on what you are addicted to, to use a medically oriented facility that is designed to help you get through the physical part of withdrawal. It can give you an unencumbered environment, support, medicine, monitoring of your body functions to show progress and help in custom-designing your withdrawal program, an environment free

from demands, pressures and people who might want to influence you in the other direction, a commitment that you are going to make it through and not be interrupted, a supportive staff to talk to, not having to be around people who you're usually around and therefore not feeling the pressure to keep up your usual 'act' (which you might be too weak for anyway), being around other people who are committed to ridding themselves of drugs who you can share mutual support with, etc.

The idea is that once you check in, you've made a commitment that you are going to finally rid yourself of your addiction, and you won't have to deal with any counter-intention or wavering by yourself. You'll have a very focused environment and time to really devote to your goal of being addiction free. Withdrawal is not an easy thing and once you get to the point that you've made your commitment, you want to do everything that you can to ensure that you're going to succeed. Protect your commitment and your plan to make a better life for yourself and those who are close to you. Also, medical insurance would possibly cover a lot of these programs.

Once you get the psychological and physical resistance to a lower level of intensity (or if you're starting out there), here are some things that you can do.

When you absolutely feel like you can't stand the tension from fighting off your body and mind trying to get you to go back to your addiction, get up immediately and go out and do a fun form of exercise (basketball, tennis, bowling, golf, etc.). You'll relieve the tension, and focus your mind on something other than the pain while your body is healing and transforming to a more natural and healthy state. Plus it will speed up the physical process of eliminating built up toxins through sweating and faster rates of blood flow, respiration, etc. But don't satisfy the tension by resorting to the drug.

The feeling of wanting the drug feels very real and natural, but it's not. If it were, we'd all feel like we had to have cocaine, alcohol, cigarettes, heroin, etc. This feeling comes from an 'adjusted' body to stay in the groove that it's created (i.e. new enzymes, cell changes, internal chemical changes, etc.). The body initially makes these changes because it wants to lessen the intensity of the shock and unpleasant reactions to drugs that it would naturally have when it is normal and sensitive (in the case of physical addictions). In the case of psychological addictions, it wants to avoid facing suppressed inner messages and emotions.

If you make it through the withdrawal period, and if you've learned how to create a natural inner and outer lifestyle (which won't create a desire for drugs within you), and then you create it, you're free. But 'feelings' are a strange and delicate phenomenon. Only the person experiencing them knows the intensity of the resistance that he or she is dealing with. This is why another person can't just tell someone to do something and expect that they can do it. This is why each person who wants to rid themselves of drugs must oversee his or her withdrawal and transformation plan, and continue to adjust it in mid-stream. But in this book, I've given all of the tools necessary for anyone to form a successful plan to rid themselves of drugs and achieve happiness and fulfillment in life.

Here are some of the actions that a person can do to help them deal with the short-range tensions of withdrawal: exercise, games, massage, sleep, conversations, nature outings, formal meditation, spot meditation, community service, church, involvement in community groups, music (playing or listening), classes, tapes (audio and/or video), television (but limit this to only programs where there's a natural feeling. Say no to 'junk TV', which is most of it), just quickly getting up and opening the door and going for a walk (instead of sitting and suffering or thinking...you can think or talk on a walk just as well)...or whatever else that you can imagine (as you can see, I'm not just advocating withdrawal, but rather: withdrawal/replacement). But do get through physical withdrawal once and for all, and don't ever flirt with the inclination to go back to your addiction. Cross it off of the list of possibilities. Press on with transformation to a good life.

But, once again, the experience of the new natural life that you are building (environment, relationships, jobs, ways of relating to your insides, ways of relating to others, etc.) is what will ultimately free you from your addiction permanently because you will be happy and satisfied with your new life and enjoying the good feelings that come along with it. I mean you're not going to opt for dog food if you've got a refrigerator filled with prime rib.

(That is the end of the excerpt from *Sweeping It Under The Drug*, which is another of my books that I'd recommend you reading for inspiration and more specific instructions. You can find it at the order page I mentioned earlier.)

Daily Record

It can be very helpful to keep a daily record of your cravings on the lines below (grading them on a scale of 1 to 10) and the activities you do that are recommended in the book (as well as any others you come up with). Listen to the *New Beginning* and *Tenderly* CDs (that came with the deluxe version of this program) with headphones (or whatever CD that puts you in a good state, or even just kills the time during the initial more difficult times during withdrawal). Exercise is good to sweat out toxins, get your body into shape at a faster pace, and to release tension. My personal preference with exercise is if it is associated with a game. That helps take my mind off of the work and pain aspects of exercise. So with that idea in mind, another exercise option is a Dance Dance Revolution mat. It's fun and you can do it at home, indoors. Also, computers and the internet can be a great and fun focus. Play solitaire, do Google searches about things that you always wanted to know about, join chat groups, make web pages to let the world know about what you do best and have to offer, see what other people who are into life transformation are posting, etc.

There not only will be a withdrawal from alcohol or drugs, but there also may be a withdrawal from the old ways to the new ways while you wait for your brain grooves to form a new automatic pilot. But keep in mind that the withdrawal phase is only temporary and that brain grooves are inanimate, like a computer. Therefore you're not changing the essential you, you're just changing the parts of the physical brain and body that prompt you to do dysfunctional things. Also, feel free to take as many naps as you want and can. Naps can be very refreshing and stress releasing.

My Plan and Daily Record:

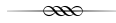
(First write down what you will do instead of your addictive substance of behavior, some ideas to take its place and things to try. Then record new activities that you try and how they felt for you.)

Brainstorm and write down what you will try instead of addictive substances or behavior.

What I tried and how it worked for me:

Phase 10:

Map Out Your Continued Growth Plan.



Onward and upward. Yes, we can enjoy all that God has made in this incredibly creative existence that He's made. But the main underlying purpose of life is purification and growth... both for a better life now and in preparation for Heaven. (Of course there are some basic requirements just to be eligible for Heaven, which you'll see in your Bible studies.)

Assignment for Phase 10:

(1) Make a **Chart of all of life's basic functions** (job, mate, family, friends, focuses, spiritual [daily walk with God; Church; prayer/meditation; Bible study {*map out a Bible study plan for all of the functions mentioned here*}], health, hobbies). In the column next to each one, grade on a scale of 1 to 10 (with 1 being total dysfunction and 10 being perfection) where you are now with each of these. This chart can be upgraded monthly, but upgrade it weekly for the first 3 months. Write a list of what your plans are to improve these things (classes, activities groups, changes in your thoughts, feelings, environments and actions).

(2) Go back and look at your personal inventory from the assignment for Phase 1 and make sure that you have an effective plan to eliminate all of the "why"s in such a way that all of the "blocks" will have been rendered powerless in being able to stop you. Also it has been said that forming new habits takes approximately 21 days of doing the new thing so keep trying until it becomes a new habit.

(3) If you have other addictions (e.g. "cross addictions"), see my writings for these specific addictions and withdrawal and recovery programs for them. Also, *Sweeping It Under The Drug* addresses a lot of them and the specific issues that are unique to each one.

Life's Basic Functions Weekly Improvement Chart

(Evaluate from 1-10, 10 being the highest)

Date:										
Job										
Mate										
Family										
Friends										
Focuses										
Spiritual										
Health										
Hobbies										

List of Ideas on Ways to Improve Them:

Job _____

Mate _____

Family _____

Friends _____

Focuses _____

Spiritual _____

Health _____

Hobbies _____

An Overview of this Recovery/Transformation Method

Realigning Your Mind:

1. Realize that drugs cannot ultimately do for you what you had hoped or thought they could (instead, they usually do a lot of damage). Any initial good feelings cannot be depended on to continue. And they keep you from seeing and doing what it takes to get to the abundance of good feelings that exist naturally (i.e. they distort your thinking and business energy and put you out of touch with who you really are).

2 . Realize that when you operate completely within the Natural Design (which you can find a description of in the Bible and you can observe directly in you) good feelings happen within you, and when you don't, bad feelings happen.

3. Commit to doing what it takes to know the true natural laws that accurately describe the body, experience and existence that you walk in (for all areas of life), and therefore what it takes to be happy and satisfied naturally. This must include knowing which behaviors (inner and outer) cause pure, lasting, good feelings, and which ones cause bad or polluted feelings. Then instead of responding to the bad feelings by trying to 'sweep them under a rug', commit to eliminating them naturally.

4. Contemplate the ultimate meaning of this life and universe, and your role in it now and your destiny after this earthly life. Confront the explanations given in *Why Are We Here?* and its workbook with your heart, mind (sense of logic and reason), and intuition. Invite (don't avoid) all of your questions and counter-questions, and find their answers in the Bible and the above books.

Realigning Your Life:

5. Join new peer groups that understand, are passionate and inspired about, and are in tune with your new goal of wanting to be free from drugs, natural, and enjoying the natural highs and good feelings. Hang around healthy functional people as much as possible. Many of us have learned our addictive behaviors or faulty thoughts from people who have not been as functional as we'd like to be. If you have learned less functional ways of doing things, try to watch and learn how people you want to be like do things that might be more satisfying for you too. Stay away from negative peer pressure.

6. Start and complete "withdrawal/replacement".

7. Start and continue to transform your behavior and actions to natural, and stop the unnatural. Realign your environment and the structure of your life according to God's natural laws of optimum living (as stated in the Bible).

Realigning Your Heart:

8. Cultivate (and maintain a sensitivity to not deviate from) a heart relationship with God (the voice from within, i.e. all inner feedback that you don't initiate or that doesn't come from your subconscious computer's 'past traumas and errors in living-policy-decisions'). Be sensitive to others and open and honest with them...not "putting on" something that you don't feel, and not suppressing anything you do feel Lean towards "giving".

9. As your highest priority, always try to be obedient (in your thoughts, words, feelings and intentions) to God's natural laws of optimum living, trusting that they will transform you to the best life possible for you. The more you do this and see the good results, the greater your trust will be.

10. Purposefully and energetically continue to reprogram the errors in your computer. Read and study the Bible diligently (this will also help Phases 2,3,4,7,8 & 9). When you have a problem or confusion in your internal or external life, go into a Bible study to get your answers. Make that a habit.

Conclusion:

Relax and enjoy the peace, adventure, high purpose, deep fulfillment, satisfaction happiness and strength-to-not-use-drugs or other addictive substances or behaviors that naturally come from following God's way. And knowing what's right, always persevere.

The test of the validity of this program will be that following the program will transform your experience of life to a better state. My personal testimony is: having first tried most of what's in this world (in lifestyles and personal growth), this is the only method that worked.

Appendix A:

Reviews for Addiction Recovery Books by Dennis Marcellino

"...a catalyst to turn around the lives of those currently in the grip of drug addiction. It is the dedication of people like the author that gives all of us hope for the future."

G. Albert Howenstein, Jr., Exec. Dir., Office of Criminal Justice Planning, CA

"Acarefully reasoned argument against drug use that goes further than telling people to "just say no" -- it offers real help for people who want to break free of the bondage of drugs. The book gives vivid insight into the realities of the drug culture that most of us never see."

*Dr. John MacArthur Jr., leading author, radio minister, and pastor,
Grace Community Church, Sun Valley, CA*

"...frank and friendly...sincere and optimistic...not only concerned with ridding people's lives of drugs, but also with leading them to a higher state of being and greater fulfillment as individuals... a sympathetic voice which will affect readers for the better...This book is personal rather than systematically therapeutic or a 'pop' treatment of a current social concern...touches upon the important factors of human life -- the self, environment, relationships, mates, and others."

Corinne Perry Buck, The Small Press Book Review (featured review)

"I highly recommend the reading of this book as an understanding guide for all of the 12 step recovery programs. It gave me greater insight into my need for continuous spiritual development in order to maintain quality sobriety and peace of mind."

Gloria Montgomery, chairperson of AL/ANON Group, founder of Recovery Systems, founder of many alcohol & chemical dependency rehab centers & hospital clinics in U.S. & Canada, Cedars Sinai alcoholism counselor

"I read your book and was very inspired to clean up my act. I'd like to order another copy for myself and one to pass on."

Theresa, Escondido, CA

"This book is absolutely --WONDERFUL! I could not put it down until I had read all of it. It is one of the most fascinating books I have read in years. One thing is certain... Dennis Marcellino is a very talented and creative writer. *Sweeping It Under The Drug* possesses huge market potential. It has all the ingredients of a best seller. In my opinion it has success written all over it."

Robert Tyre, Editor, Eclectic Press, Atlanta, Georgia

"Very powerful material. An amazing piece of work by an amazing man."

Scott Fagan, head of the recovery unit at Brotman Hospital (one of Los Angeles' largest), founder and chairman of BIZRAP (entertainment industry Recovery Assistance Program) UCLA graduate (Drug Rehabilitation Clinic Design), leader in AA and CA (Cocaine Anon.)

"I wanted to write and thank you for your book. I work in the prison library so as soon as I finished reading your book I placed it in the library. It has been very popular with the inmates. It is really a good book on substance abuse."

Benjamin, Seagoville, Texas

"This book not only includes what the 12 step program has to offer, but it takes up where the 12 step program leaves off. It has been a great help to me."

Mike Pinera, former lead singer, guitarist and writer for "Blues Image", "Iron Butterfly" & "Alice Cooper", also very active in AA and CA

"This book 'iced' my cousin, who was heavily into drugs. He took the book's advice and now he's off of drugs and happy. I'd like to order 10 more copies."

phone call from: Constance Elliot, U.S. Dept. of Health, Washington D.C.

"I just finished reading your book and wanted you to know how much it helped me. Thank you. May God bless you greatly."

Mary A.

"I'm pleased to have been able to provide an audience for Dennis Marcellino's remarkable story and music. He had an excellent appearance as a guest on There Is A Solution. His blend of honesty and spirituality, along with his historical perspective of the sixties, offered listeners a unique and positive message of hope and recovery."

*Larry W., Program Host
Recovery Talk Network
www.RecoveryTalkNetwork.com*

Appendix B: *Personal Coaching*



Do you have questions on how to carry out the *Addiction Free Forever Program* or would you like some one-on-one help? Dennis Marcellino, author of *Addiction Free Forever Program*, is available for personal coaching by appointment by phone or through email. For information, e-mail Dennis at Dennis@AddictionFreeForever.com.

Appendix C:

Personal Note from the Author: The following is for legal purposes and to protect against and deter the initiation of costly, unfounded lawsuits by people who didn't really follow the program correctly. But it doesn't mean to express a lack of confidence on my part that the program is great and will work. **Read the following BEFORE beginning the Addiction Free Forever Program and do not begin it unless you agree with what is stated.**

Terms of Use, Grant of License, Disclaimers of All Warranties

This is an agreement by and between you and Dennis Marcellino and Lighthouse Publishing, a sole proprietorship. This is a legally binding agreement. This agreement governs your use of this book and any of Dennis Marcellino's writings, advice and web sites, and any products of Lighthouse Publishing. If you do not agree to the terms and conditions set forth below, your sole remedy is to immediately return this book and any related products for a full refund.

Disclaimer of Warranties

You understand that alcohol or drug withdrawal may be a risk to your physical health and safety if not done properly. You further understand that it is Dennis Marcellino's and Lighthouse Publishing's recommendation that you consult a doctor, especially one who is familiar with your medical and psychological history, prior to using any advice, written or oral, or any products especially those related to withdrawal from drugs or alcohol. You understand that neither this book nor the advice, written or oral, of Dennis Marcellino or any member of the Lighthouse Publishing personnel is a substitute for medical advice.

By using this book and any other Lighthouse Publishing products or any advice or coaching by Dennis Marcellino, you agree to hold Dennis Marcellino and Lighthouse Publishing, its agents, assigns, subsidiaries, subtenants, employees, licensees, and officers ("related entities") harmless for any action, suit, claim, loss, injury, or damage, arising from your use, misuse or lack of use

of any advice, or for any damage or injury that occurs pursuant to any information received, whether such information is received in writing, on the Internet, in person or by e-mail or telephone or by any other means now known or later developed. Any information provided is intended for adults only (age 18 and over), or if under 18, under the supervision of their parents and for use under the strict supervision of a qualified health professional.

You (the reader) agree(s) to consult with the qualified health professional of your choice before beginning any new health regimen, health treatment, diet, supplement, drug, or exercise program. User assumes any and all risk(s) associated with use, misuse or decision not to make use of any presented programs, ideas, suggestions, reviews, or any other type(s) of information available in this workbook.

Nothing contained in any information, book or personal coaching by Dennis Marcellino, or his staff or Lighthouse Publishing is intended to be used for medical diagnosis or treatment, or as a substitute for consultation with a qualified health care professional.

You hereby agree to hold Dennis Marcellino and Lighthouse Publishing, together with all its related entities, harmless for any action, suit, claim, loss, injury, or damage arising from any and all injuries sustained arising out of your use of any information you read in any book, personal coaching or product received from Dennis Marcellino and Lighthouse Publishing.

LIMITED WARRANTY: Dennis Marcellino and Lighthouse Publishing MAKE NO WARRANTIES, OF ANY KIND OR NATURE, WHETHER EXPRESS OR IMPLIED, INCLUDING, BUT NOT LIMITED TO, WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE OR USE EXCEPT THOSE MADE IN WRITING in our promotional materials and the maximum refund or liability is a refund of the purchase price paid for the product.

Notwithstanding the foregoing, Dennis Marcellino including his company, family, employees of Lighthouse Publishing, do not assume any liability for the creation or use of any materials, whether as an author or publisher.

Miscellaneous

Any and all disputes arising out of this agreement, its interpretation or the making thereof, or your use of the advice or writings of Dennis Marcellino or Lighthouse Publishing or any associated products, personal coaching or web sites shall be construed in accordance with the laws of the state of Oregon, without regard to any conflicts of laws and principals. Venue for any such dispute shall be in a court of competent jurisdiction in Clackamas County, Oregon and you hereby consent to personal jurisdiction in such court.

If you do not agree with this agreement, please return this book immediately for a full refund and do not read any of the information in it.