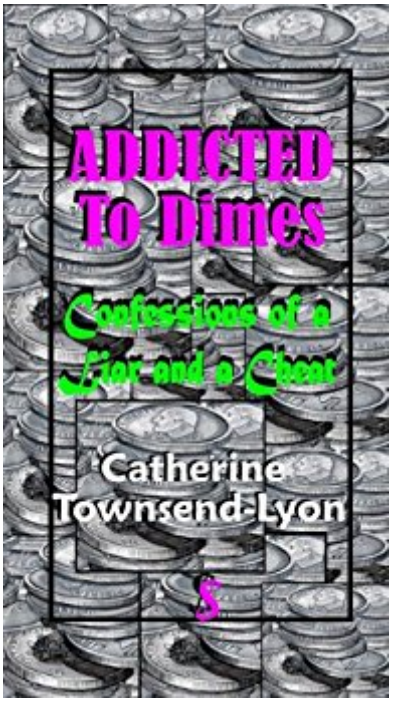
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Addicted To Dimes (Confessions Of A Liar And A Cheat)



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Synopsis

How does a good girl go bad? Based on a true story, told in the author's own words, without polish or prose, this haunting tale of addiction, family secrets, abuse, sexual misconduct, destruction, crime and.... recovery! One day at a time, one page at a time. Learn of this remarkable and brave story.

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Customer Reviews

Arizona author Catherine Townsend-Lyon makes her wiring debut in a book ÃƒÂ¢Ã â ¬Ã â œ ADDICTED TO DIMES ÃƒÂ¢Ã â ¬Ã â œ that is as much a memoir of her troubled life as it is coaching guide for people afflicted with addictions. While Catherine focuses on addiction h-to gambling (her own malady form which she has recovered), her writing is such that is helpful to all manner of addictions ÃƒÂ¢Ã â ¬Ã â œ the addictÃƒÂ¢Ã â ¬Ã â„¢s mind set, the highs and lows of addiction, and finding the path to recovery.As is the case with authorÃƒÂ¢Ã â ¬Ã â„¢s who elect to share personal experience with the topic engaged, Catherine shares the childhood and early adulthood etiologies for developing her gambling addition, and she is unafraid to share the extended

lows of coming to grips with addiction. Now in year 8 of recovery she is active in the passion of working with other addicts in the addiction & recovery communities. Her blogging and personal appearances are a testimony to her desire to aid other addicts ÃƒÂ¢Ã â ¬Ã â œ advice from one who has ÃƒÂ¢Ã â ¬Ã Ëœbeen there, done that ÃƒÂ¢Ã â ¬Ã â œ such as her title as an Expert Gambling Recovery Blogger all about Gambling Addiction on "Addictionland" of Author & Founder, Cate Stevens.In the Preface to her book she states, ÃƒÂ¢Ã â ¬Ã ËœI truly hope by sharing my own story and experiences with my battle over this illness will inspire others to seek help, or catch you before you fall. Not one more person has to ever choose death as the final option to stop gambling. DonÃƒÂ¢Ã â ¬Ã â„¢t let shame destroy you and your family. THERE IS HELP AND SUPPORT.ÃƒÂ¢Ã â ¬Ã â„¢ And from this supportive stance Catherine details her childhood, the abuses she tolerated, the attempts at marriage ÃƒÂ¢Ã â ¬Ã â œ every secret s reveals in detail.As for what follows, the synopsis offers the following: ÃƒÂ¢Ã â ¬Ã ËœHow does a good girl go bad? Based on a true story, told in the author's own words, without polish or prose, this haunting tale of addiction, family secrets, abuse, sexual misconduct, destruction, crime and.... recovery! One day at a time, one page at a time. Learn of this remarkable and brave story.ÃƒÂ¢Ã â ¬Ã â„¢CatherineÃƒÂ¢Ã â ¬Ã â„¢s book will doubtless be beneficial to those suffering form additions. It is also a fine manual for those who are impacted by addictsÃƒÂ¢Ã â ¬Ã â„¢ lives, offering concepts of how to be supportive and part of the healing process. Polished prose it is not, but important information is here ÃƒÂ¢Ã â ¬Ã â œ and the rawness of the prose makes it more immediately meaningful. Grady Harp, January 15

It was amazing how similar our stories are. The only difference is that I am a recovering drug addict. But we went through the same trial and tribulations. Child-hood traumas, death, feelings of hopelessness, etc. If you are suffering from ANY type of addiction. You should read this. I believe it could help you understand what you are going through and that there is help out there. And most importantly, you are not alone. With the help of others suffering the same way you are, it's much easier than doing it alone. And even if you don't have any type of addictive behavior. This book might help you understand what a suffering addict goes through. It might make people use less judgement and have a little more compassion for people like us. Not that we want our behavior condoned.We just want to be a little more understood. Catherine did a GREAT job explaining all they cycles and everything that a person goes through with addiction. Thank you for writing this book!Ulrica G.Addict in Recovery

Awesome testimony Catherine!! This is a must read for anyone who's dealing with the addiction of gambling and that goes also for scratch-off tickets and lotto as well..Addiction comes in many shapes and forms and you've done such an awesome job of laying out the tools in order to conquer these demons..I wish you all the success in the world and cant wait to hear your story on God Allows U Turns!! God Bless my friend.

Curiosity initially brought my husband and I to this book. I had become acquainted with Catherine through our recovery blogs and was anxious to hear more of her story. Although my husband is a chemical dependency counselor and he and I have both worked in sexual addiction recovery for many years now, neither one of us were all that familiar with the dynamics of a gambling addiction. It wasn't a surprise, however, to discover that although the acting out takes a different form, the fuel behind it is so very, very similar to every other addiction. One of the objectives in our own ministry is to spread the word that most addicts aren't ogres or reprobates, just hurting people that were trying to find a way to survive and got trapped. Cathy adds another very rich voice to that chorus. She tells her story with incredible honesty and vulnerability. Her straight-talking style speaks directly into the hearts of those who are facing their own addictive struggles as well as those who are fighting to understand how someone could get so hopelessly entangled in something that has the potential to destroy their life. She successfully transforms what was once destined to be a journey into destruction into a message of hope!

Great book for any recovering gamblers and for family members. good insights before, during and after recovery. This book has really helped me in my fight with my addiction. At many points it shows u the mirror!!on flip side, at times personal details are too elongated and cud have been shortened. Towards end of book, she mentions about thought cycle and patterns. i.e. Cognitive therapy and i feel is very important along with 12-steps for a long lasting recovery.In all a very good book!

Great read of pure honesty on the effects and devastation of a gambling addiction in one's life. This is a must-read for anyone to gain knowledge and understanding of the major issue in our society today. A true look into the life of one individuals journey from the depths of a gambling addiction to a life of recovery full of rewards.

Catherine Townsend-Lyon's riveting story of her downfall into a life of addiction to gambling is a

heart wrenching read that ends with a great light of hope. It was hard to put this book down, so involved in wanting to know where it all went and landed in the end. Recommend this to anyone addicted to gambling, or any other addiction, as it offers the raw authentic story and hope for healing.

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