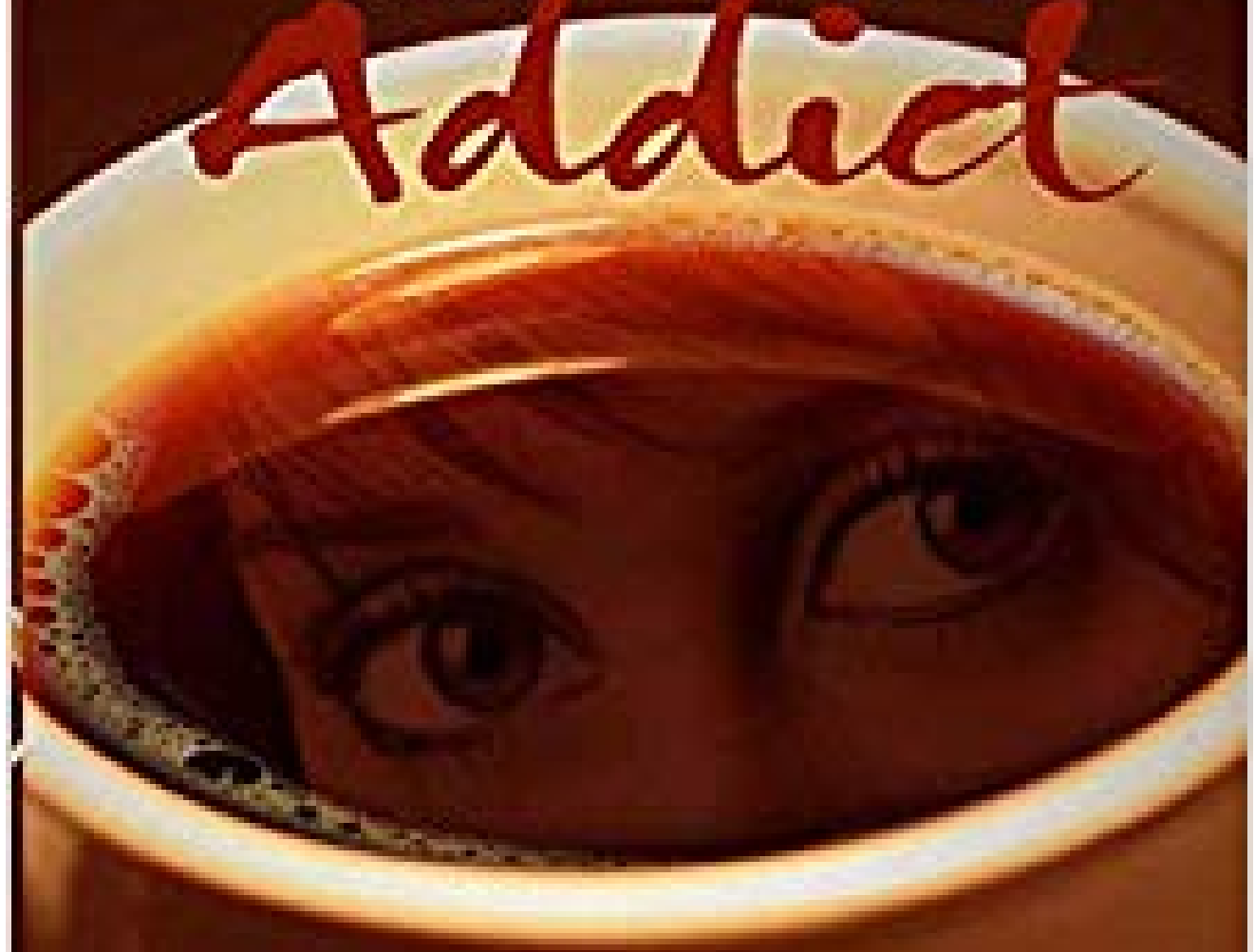


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# CONFESSIONS *of a* CAFFEINE *Addict*



Edited by Marina Kushner

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Marina Kushner

## Confessions of a Caffeine Addict: 40 True Anonymous Short Stories



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They reveal the dangerous and shocking consequences of excessive intake of the medication caffeine. Their stories serve as a wake-you-up call. *Confessions of a Caffeine Addict* is a collection of stories written by individuals who share the same problem-addiction to caffeine.



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In the end I won. This reserve convinced me! I never thought that We had a issue.....Each story can be an interesting read and done in such a way that you can read a few stories together with your morning coffee, or not. The book makes an excellent reading, as it provides two major problems- social and medical, caffeine addicts undergo.. After all you find out about every kind of addict, alcohol, medications, sex, etc. I'd browse these stories even while sipping my morning coffee, and consider how glad I was to be so grounded in society. By the time I finished this publication, I had at least a hundred caffeine drinks: coffee and Pepsi. I never idea that I had a issue. I quit coffee and cigarettes. But it was easy. It took the help of everyone around me. I needed to be honest with myself about the addiction. I began to research caffeine dependence on understand how it works. I began to have a look at what caffeine was carrying out to my body and my brain. I stopped drinking coffee and started producing myself fruit smoothies in the morning, and my energy last all day long without the negative unwanted effects that espresso or other caffeinated products was giving me. I hope it'll make people quit and convert to water, juice, fruit smoothies or additional healthy drinks.! And when I wanted more I either drank drinking water or went for a bike ride. Sometimes I did both.! The reserve costs as much as a Starbucks Latte. I had to change to caffeine free of charge herbal tea. I am glad this book is out there to let people understand. But very gradually I began to get my energy back again, and feel in control of my entire life again. Coffee slowly became a thing that I could control against something that managed me. What I must say i acquired to examine was my emotional dependency on the medication. I had started drinking coffee at a spot of weakness in my life and acquired grown to depend on it as a crutch. Having found out this I had a need to arrive up with an alternative method for dealing with my tension. I thought about my mom and Mrs. Anderson. That they had both helped me out through two critical points in my life. Espresso both began an finished with that. I found this publication compelling! The immeasurable sociable price caffeine addicts suffer, and more so, the irreversible harm to individual health, which makes the confessions solid warnings to other caffeine takers. That is an excellent book for someone dealing with caffeine dependency. Everyone does. And I realized that everyone could be strong, but no one should ever be to blind to ask for help when they require it. It had been my blindness that business lead me to addiction, but my strength, and having great people in my life result in my recovery. This phenomenal book will motivate you. Overview of Confessions of a Caffeine Addict Confessions of a Caffeine Addict40 Tales edited by Marina Kushner Reviewed by Roy Murry, author. By my fifth cup of morning coffee I'd have browse the entire magazine finished. I am overstating my consumption. People who drink any caffeinated items should read this. amazing read Like new again, each and every time you go through it That one is a keeper, a book that can be go through and reread, and with which you will find new meaning and new messages for recovery. And it seems that one must first accept the addiction to arrive it. Each addict had their beginning and ending factors, if they were as candid since it seems. Some acquired returned with their consuming ways and rehabbed out to normality. But that lurking require remained until they discovered an inner epiphany. Drawings, photos, and illustrations bring eternal or permanent message/messages. This book can be an eye opener for many who drink too much coffee but don't realize the dangers they're facing. This turned items around for many. Overall, the tales were insightful, but not compelling enough to dilute one's addiction. I feel that a life's tale a la biography will be more compelling. I utilized to flip through numerous magazines reading about these accounts of individuals who experienced addiction. That was hard. You decide which you need most. At amazon. Coffee Anyone? Five Stars Very good. It did declare that there were 40 true confessions of people who are addicts.! The book

makes a good reading, as it provides two main problems- social ... How they lost everything, family close friends, jobs. Both of these main problems end up being the common trend or message from the forty anonymous confessions. And for the reason that list I highlighted individuals who I could head to again when I required help. A Must Read! worse still, the possibility of marriage collapse and family disruption. Medically, caffeine addiction presents multiple problems you start with simple headache, migraine, insomnia, resulting in [tremor, nausea, persistent sweat], weight reduction or gain, to a more complex medical problems of: anxiety, agitation, nervous and mental breakdown that could require long-term care. Truly amazing, wish I'd read that one years ago. Observations: Even though, the publication is a confessional stories of forty different persons on caffeine addiction - that still would rather stay in a shadow of darkness through privacy; regardless, photos, illustrations of social and medical hazards of caffeine addiction should have presented. Overcoming a require that is a habit, designed for these tales of insecurity prevailed throughout. Two, interviews must have complemented the average person confession, which would have created a two-method communication approach to the caffeine addiction message the editor intends to share. Notwithstanding, the publication is a gem; individual story with personal touch often create a positive change more than story or [stories] written by second or alternative party. In fact, that is a must-read-book-for-everyone, especially, substance abuse counselors, rehabilitation therapists, scientific psychologists, social workers, and law enforcement personnel. TRUE, TRUE! A compilation of 40 stories compiled by a myriad of espresso drinkers from different walks of life. Each story traces the journey that the caffeine addicts make to be able to quit their caffeine behaviors. Their journeys are rocky and frightening as they suffer ill effects from what they believed was a harmless drug - caffeine. It had been the realization that the body functions better with out a ridiculous amount of caffeine. The only negative concerning this book is the stories are told in an identical fashion almost making them redundant. I was presented with this book in exchange for a genuine review. Socially, the book explains from time mismanagement to failure in undertaking daily duties and official responsibilities, impaired judgment;! By Month two I got lower out the after dinner coffee. I chosen after against before because I didn't need to suppress my appetite. Nevertheless, I thought it might be more helpful and self-assisting by suggesting different alternatives to drinking coffee. My caffeine intake is a lot less. For the initial month I could have three solid cups a time, one after each meal. I gave myself realistic benchmarks. I have great sleep during the night today also. The tales in these 'I did it,' individuals are candid about their addictions. Because I'd need help once again at some point. Dangers of Caffeine Addiction! This book is indeed on key therefore true. Not merely have I experienced a few of these myself but I have family that have had horrible problems with caffeine? as well. And lots of water. I was disappointed in this reserve. So I made a listing of the people in my lifestyle who I had turned to in the past. I absolutely had no idea. Those had been what I've spoken out loud after reading this book. Caffeine, from the book perspective is a non-gender issue, just because the publication explains both common and gender-related-medical-problems addicts undergo. Addiction is known as a physiological disease I've heard this many times but never have I stood still to give it another thought. There have been passages where my center started to race and I came across myself trying to read faster because the encounters described felt so true. Overall, a brilliant informative guide I recommend getting. That's one thing I like most concerning this book, I in fact learned a thing or two and now that I'm completed with it, I believe I'm way more knowledgeable in this subject matter.



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