

# UP

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LESSONS OF  
ADVERSITY,  
HITTING BOTTOM,  
AND CHOOSING  
A LIFE  
THAT MATTERS

.....  
JAKE WIDMANN

Jake Widmann

## Up: Lessons of Adversity, Hitting Bottom, and Choosing a Life That Matters



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In his early twenties, Jake Widmann hit very cheap. A lot more than that, it's helpful information to help others perform the same. He knew something had to improve, but every lifeline thrown his way ended up cast aside in favor of alcoholic beverages and an unwillingness to confront the main of his problems. Through his life tale, you'll come to recognize the possibilities that are handed to us and learn how to take advantage of them rather than letting them slip by. A drinking issue which began in his early teens had spiraled uncontrollable, draining him of resources and turning him into a person he no more recognized. Up is the tale of how Jake were able to overcome his adversity and take the first step down the path to his potential. You'll take responsibility without dropping into self-loathing. You'll start the long road up from underneath into the light. Simply no two stories are as well, but in Jake's trip from out-of-control dependence on a new beginning you will discover inspiration, instruction, and a helping hand to guide you on your way.



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Struggles in lifestyle? You need this book. I was incredibly impressed with this publication. Jake describes what he went through and how he dealt with it perfectly. This publication hit home in therefore many levels it's essential read book. It had been also an easy examine and I did so not want to place it down. It's not only a great reserve for those attempting to transformation their lives, but I'd highly recommend it for family members or friends of people suffering thru addictions of any kind. I have only read a small number of books, but this one is at the top of my list!. I understand it can't be easy to put most of his tales out there and be so venerable, but I really do believe that he will help many people going through a tough time. This Author genuinely cares! I was a little bit Leary about what it would all entail, as I've go through many books about lifestyle changing events, and paths taken up to change. There's no area to misunderstand. Great read! I normally don't read books but this book kept me attempting to read more. Very powerful writing I've only just read the intro up to now and I am very impressed! I recommend this book for anybody fighting addiction, trying to understand someone struggling with addiction, or someone that just really wants to be a better person and doesn't know where to start! He gives the perfect details and maps out the answer for anyone fighting alcohol. Life changing! Fact driven, uplifting, and hope-offering. Jake has put so much time, knowledge and effort into UP! You will not be disappointed! That you are not alone and this book can help anyone who struggle with addiction. I liked how open and honest Jake was about his addiction and how he turned his existence around from hitting very cheap. I know in the event that you read this publication it will help someone perform the same. What sets him apart from everyone else can be that he very literally cares about the people reading his publication and he does his absolute best to help. I understand someone who is going down this route of alcoholic beverages addiction that I love very much and I wanted to read it first before I pass it on to them to learn for I wish it can help them to begin to move up and have an improved life. This book grabbed my attention instantly. This is a guy who procedures what he preaches! Extremely powerful writing. Great uplifting I love how open up and honest Jake is throughout this whole book..can't wait around to read the rest!!



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