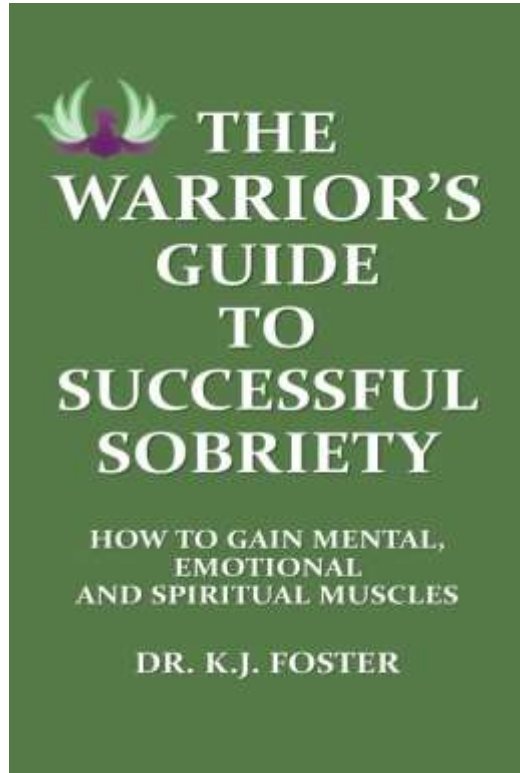




Center for Sobriety, Spirituality & Healing

FOR IMMEDIATE RELEASE

Addiction Recovery



THE WARRIOR'S GUIDE TO SUCCESSFUL SOBRIETY

HOW TO GAIN MENTAL, EMOTIONAL AND SPIRITUAL MUSCLES

When you're battling addiction you are literally at war. It's a war that is waging within yourself. It's a dangerous war and it's a deadly war. It's also a war that's difficult for most people to understand, unless they've been through it themselves.

In this book, Dr. K.J. Foster outlines a new and provocative conceptualization of addiction recovery, which is based upon personal experience with addiction, and professional experience working with thousands of individuals and family members struggling to overcome addiction.

Dr. Foster's Warrior Theory outlines and defines Four Warrior Phases of Addiction Recovery and Six Essential Elements of POWER. The key to all recovery is in learning what provides you with POWER and what depletes you of POWER.

It is all about the POWER!

The Warrior's Guide to Successful Sobriety provides information, tools and strategies that will help anyone learn and grow into their best and most POWERFUL true self! Anyone who is recovering from addiction or has a loved-one recovering from addiction will benefit from this new book.

Dr. K.J. Foster has authored numerous articles and a book chapter in *Spirituality and Religion in Counseling: Competency-Based Strategies for Ethical Practice*. She lectures locally, nationally and internationally on the topics of addiction recovery, shame and spirituality. She has a PhD in Counselor Education, is a LMHC, CAP and Qualified Supervisor. Dr. Foster is also an Advanced Certified Relapse Prevention Specialist, a Certified Rapid Resolution Trauma therapist, and EMDR therapist. She has been working with individuals and families for over 10 years. It is her passion and mission to help individuals and their families recover from addiction, and grow into the best and most POWERFUL version of themselves possible.

This book is currently available exclusively on Amazon for the next 90 days. It is available in E-book format for \$9.95 and paperback version for \$14.95. It may be purchased using the following link: [amzn.to/2JvP10o](https://www.amazon.com/dp/B082JVP100)

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