

Are You Addicted to Your Addict's Addiction?

In the United States alone, upwards of 40 MILLION PEOPLE are currently addicted to either alcohol and/or drugs, and 100 people die each day from drug overdoses.

Is Someone You Love One of Them?

In an effort to help their addicts, many loved ones end up enabling them instead, causing their addictions to spiral out of control. You CAN stop the cycle.



Candace Plattor, author of *Loving an Addict*, *Loving Yourself*, knows from personal experience what it means to be an addict. Within a year of being diagnosed with Crohn's Disease in 1973, she found herself in the throes of prescription drug addiction as a result of the Valium, Demerol and Codeine prescribed to her for many years. She also used marijuana on a daily basis to control her physical and emotional pain, becoming addicted to that as well.

After more than 14 years of abusing substances, she "reached

bottom" in 1987. Thus began her journey of recovery and self-discovery.

Candace graduated from the Adler School of Professional Psychology with a Masters degree (M.A.) in Counseling Psychology, in 2001. For over 25 years in her private practice, she's been helping clients and their loved ones understand their addictive behaviors and make healthier life choices.



Show & Story Ideas

- ☀ **7 Tips for Outsmarting Your Addiction.** *How to overcome addictive behaviors and get your life back.*
- ☀ **Are You Addicted to Your Addict's Addiction?** *Learn the difference between 'Helping' and 'Enabling' — and come off the roller coaster of chaos.*
- ☀ **Is Your Doctor Keeping You Addicted?** *5 Warning signs of Prescription Addiction — and what you can do to stop it.*
- ☀ **Legalizing Marijuana: Is stirring the pot creating even more problems?**
- ☀ **Is Sex Addiction Real?** *Hint: It's not really about sex.*
- ☀ **Partners of Sex Addicts: The Ultimate Betrayal.** *From social stigma and intense shame to personal healing and shame-free recovery.*



CBC



THE VANCOUVER SUN



TALK RECOVERY
RECOVERY & ADDICTION ISSUES



Candace Plattor, M.A., Registered Clinical Counselor, 604-677-5876
www.candaceplattor.com ~ candace@candaceplattor.com