

# The Addicts Guide

Contributed by Administrator  
Friday, 08 May 2009  
Last Updated Friday, 08 May 2009

Online addiction network Sober Sources ([www.sobersources.com](http://www.sobersources.com)) has today launched its most comprehensive publication to date for those with addiction problems, designed to help tackle and overcome key dependency issues as part of a longer rehabilitation process. 'The Addicts Guide To Getting And Staying Sober' ([www.theaddictsguide.com](http://www.theaddictsguide.com)) is a 70-page guide to overcoming addiction, packed with information and resources on how addicts can personally strive towards a dependency-free life, along with potential avenues for help and support within the community.

C. King, M.Ed, owner of Sober Sources and the author of 'The Addicts Guide To Getting And Staying Sober' believes this guide has the potential to help any addict or alcoholic overcome their addiction and lead a more fulfilling life, recognizing the difficulties of overcoming dependency, as part of a long term recovery process.

'Addiction can be tough, and it's hard to appreciate the true difficulties of dependency until you've had personal experience. 'The Addicts Guide To Getting And Staying Sober' tackles the root problems with dependency, and how you can overcome and survive your addiction to retake control of your life.'

'You don't just get over an addiction overnight. It's a long-term commitment, and it's important to have support and guidance throughout the ongoing process of sobriety to help ensure you get and stay sober. 'The Addicts Guide' is exactly the resource you need to get back on track.'

'The Addicts Guide' is designed to help addicts from across the world, and provide support to those beginning and enduring the recovery process.

About:

Sober Sources ([www.sobersources.com](http://www.sobersources.com)) is an online addiction network, delivering help and support to current and recovering addicts through comprehensive online resources. Its latest publication 'The Addicts Guide To Getting And Staying Sober' ([www.theaddictsguide.com](http://www.theaddictsguide.com)) is the first feature-length publication to take account of the vital steps to recovery from addiction, published by Sober Sources to help addicts from around the world take control of their addiction issues.