



**I Only Wanted to Dance: A memoir: A tale of living in recovery from addiction through spirituality and seeking to discover what being human is all about. (The Dance of Life Book 1)**

*Lotten Säfström*

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# **I Only Wanted to Dance: A memoir: A tale of living in recovery from addiction through spirituality and seeking to discover what being human is all about. (The Dance of Life Book 1)**

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## **I Only Wanted to Dance: A memoir: A tale of living in recovery from addiction through spirituality and seeking to discover what being human is all about. (The Dance of Life Book 1)** Lotten Säfström

Feeling socially inadequate she found emotional relief through the effects of alcohol at an early age and soon got caught up in alcohol-addiction. A successful family didn't stop Lotten from going into severe abuse of alcohol and other drugs. With a well-developed knack for manipulation she got their approval to move away from their home in Saudi-Arabia, to a boarding school back in Sweden. Then it all escalated.

As her addiction deepened Lotten came up with elaborate excuses to keep on drinking. She “chose” homelessness despite having money. Her family expressed concerns for her health and safety but were met with arrogance or Lotten would simply disappear.

Mad joyrides, stealing cars, stealing and lying her way across Europe, addicted to adrenaline as much as to intoxication. Decades passed, pulling Lotten deeper into the insanity of drug-abuse.

When Lotten gave birth in her mid-thirties not even parenthood could silence the destructive urge to use mind-altering substances. The dread of not being able to function without alcohol ruthlessly silenced the fear of causing her young child irreparable harm. The dread of a life in sobriety even overrode the fear of death.

At long last, something was done for this lost and suffering family. The social services staged an intervention and, painstakingly slowly, everything began to change.

Lotten realised that her child was suffering. No one wanted to see her anymore. This filled Lotten with a desire to start anew.

Unexpected love for life fuelled a power within her. Awakening to the beginnings of creating a rich, true and spiritual existence. Life being more gratifying than she could ever have imagined.

This is the tale of how she cheated death.

This personal, funny and frightening memoir is about Lotten's successful path away from decades of addiction and on to recovery.

You may know someone who is suffering from addiction.

Or maybe it is you?

In any case, if you are searching for a way out – read this book.

**PRAISE FOR “I Only Wanted to Dance”**

"This book is, first and foremost, very important as it deals with many aspects of addiction. It tells an engaging true story of a tough fight battling this disease, its many faces and its deceitful progression.

But, it is also a book about awakening, surrendering and finding a way out.  
Filled with empathy and educational importance.  
Wonderfully written and beautifully executed.

Peter Nilsson  
BSc Medical Biology and Chemistry"

"This is a strong narrative that should be of interest to most people. A book that even youngsters ought to read, so that they never become seduced by romanticized descriptions of narcotics or alcohol.  
(Citation from booklet #12121088)  
Pia Holmström, Reader, BTJ, the Swedish Library Service"

"Lotten's book "I Only Wanted to Dance" is an honest and well-written book about the progression of addiction and, most of all, about the painful path into a balanced recovery. Lotten gives life to the addicted parent's role and also portrays her love for her child. The narrative ought to be of solace to other parents and of benefit to social workers in search of solutions to help the children of addicts.

The book moved me deeply, I cried about some and was gladdened by the others of the phases in Lotten's life.

Everyone who comes into contact with addiction, whether within the family or in a professional capacity, has something to learn from Lotten's story. The book is all the more readable thanks to its strong narrative style and vivid language.

Thank you, Lotten, for having the courage to share your and your child's life with us. Best regards to you both!

Eva Edstedt,  
Former Manager at Malin's Minne"

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