



What Addicts Know: 10 Lessons from Recovery to Benefit Everyone

Christopher Kennedy Lawford

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New York Times bestselling author Christopher Kennedy Lawford revisits addiction in his latest book, *What Addicts Know*, this time framing the discussion in an entirely new way—the lessons addiction and recovery offer to those of us who haven't battled addiction.

For too long, society has considered addicts as an unfortunate group that faces incredible and unique challenges. The reality is that the challenges of the addict are faced—to a greater or lesser extent—by all of us.

In a “more is better” society, it's indisputable that we've all experienced cravings and denied the truth about our destructive behaviors—traits shared by addicts who've successfully overcome them. *What Addicts Know* offers the coping and wellness skills necessary to overcome life's obstacles and self-improvement tips for everything from conquering an unhealthy consumption of junk food, to overcoming toxic relationships. These techniques are not just for addicts; they are for all of us.

No one until now has related the lessons and life skills that can be drawn from the collective experience of people in recovery from addiction, particularly the ways those lessons or principles can be used by those in the broader non-recovery community. In *What Addicts Know*, Lawford recounts the inspiring stories and wisdom of recovering addicts, combining them with cutting-edge scientific findings to give hands-on, practical techniques for recognizing unhealthy impulses and managing them.

If you're ready to change for the better your habits, your frame of mind, your relationships, your community, and your life, *What Addicts Know* is the resource that will educate and inspire you along the way.

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Amanda Dell:

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