

Introduction

Ever find yourself in “High Drama?” Oh...come on, you’re not alone, you know?

So when you’re there, forget about the “why” or “how did I get here” - that’s pointless!

Ever get the “O-F...It’s?”

If you’re really honest with yourself...ever feel like maybe you were born with a pair of running shoes on your tiny little feet?

YOU ARE in good company!!!

Hundreds of thousands of people break the strong hold of a primary addiction – alcohol, drugs, sex, gambling, food, shopping, work, or any of the countless obsessive-compulsive behaviors that have been around since the dawn of time – only to dive head first into a “lesser evil,” or a “safe” addiction...

BUT YOU’RE TELLING YOURSELF A LIE!

And the worst part is that deep down inside you know that, and you do it anyway.

Sound familiar? If not, feel confident to put this book down, donate it to a local charity or give it to that person in the office that really gets under your skin and you think this might be sweet revenge.

But if somewhere deep inside, you hear a tiny grain of truth...stay with me.

YOU’RE ABOUT TO TAKE A WILD RIDE TO A NEW YOU!