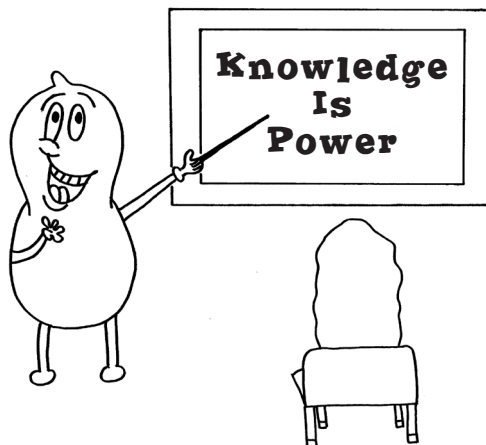


Why Should I Read This Book?

As with many people who abuse drugs or alcohol, my family's genetic tree includes dozens of addicts and alcoholics—which means that I have addiction in my genes. It also means that my son and daughter have addiction in *their* genes. Lianna and Bennett live with this reality, just as you do. In this book, you'll hear from Lianna herself; she's written a portion of every chapter. She and I hope that sharing our story will lead you to a strong life free of addiction.



Knowledge Is Power

Doctors, politicians, teachers, and addiction specialists have been talking about drug and alcohol addiction for the last hundred years—even at one point legally banning alcohol—and yet the epidemic is getting worse. From one generation to the next, the cycle of addiction continues.