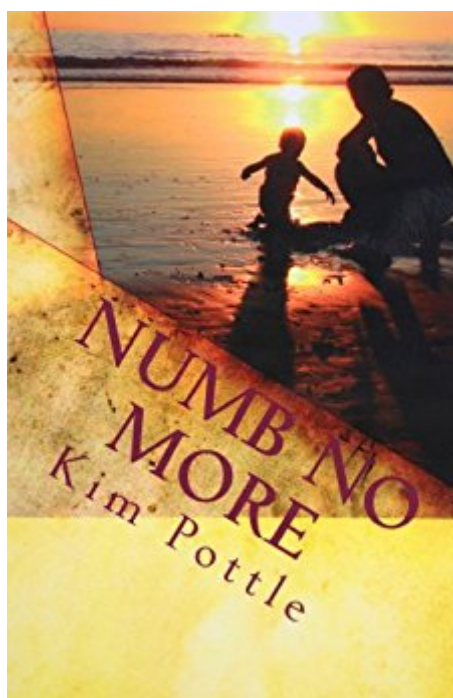


The book was found

Numb No More: Simple Solutions To Achieve Freedom From Habits And Addictions



Synopsis

Imagine living your life free from your habits and addictions. You will be able to identify with the feelings in Numb No More as you are shown specific steps to take for your freedom from the pain. Kim Pottle's story of gambling addiction exposes the negative emotions and desires to escape into numbness. You are given simple and practical ways to step away from the pain and into a more positive lifestyle. Numb No More was written from an addicts perspective to be an effective source of hope and help. It is a captivating, easy read that is packed with resources. This is a must read that will change your life.

Book Information

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Customer Reviews

Numb No More: Simple Solutions to Achieve Freedom from Habits and Addictions I started reading Ms. Kim Pottle's book, Numb No More, just a few days before I received a devastating emotional blow. After reading only the first two chapters, I was able to put her message and tools into practice. Rather than carrying the pain of that blow around with me for weeks and months, as I would usually

do, I was able to acknowledge it, trust myself, and release that pain completely, allowing myself to move forward feeling stronger and more powerful. Ms. Pottle's book is a blessing to anyone with or without an addiction!~Beth Temple-Holmes, RNLife Coach, Pet Loss Counselor[...]

Numb No More: Simple Solutions to Achieve Freedom from Habits and Addictions is a wonderful book and I highly recommend it to all of you who are compulsive gamblers. I assure you that you will be able to relate to the author and her struggles. Kim Pottle also has a website where she continues to write articles to help compulsive gamblers. I have sent several emails to her and she actually responded to me. Kim is a wonderful, caring person who has a lot of great advice to offer you in this book. Don't hesitate to buy it!

great

Not the best, not the worst. Flip a coin whether or not to buy it. It's just ok. Good luck whatever you decide. =)

Numb No More by Kim PottleI purchased this book several weeks ago for something to read. I didn't consider myself as having any Addictions. I don't gamble, don't drink, and didn't have any negative habits that I could think of. But, as I read the book, I realized that I have many Addictions. I have the addition of taking several naps a day and tell myself that it is just resting. As I read more, I thought about my life over the years and how WORK in television was a very big addiction for me. I have spent as many as 130 hours in a week at the TV station - and did this many times. The family came second, or third, or forth. This book has made me to look more at me and what I am now doing every day and to see the additions I have in all areas of my life. It is a book that I have purchased several copies to send to people that I know that have additions in their life - like gambling.This book and information should be in everyone's collection of "have read " books. It is not only for the gambler with an addiction, but everyone who has any type of addiction to something. It is also a book to have extra copies of to pass on to friends and family that need help.Thank You Kim....A. Wood Tucson, AZ.

You know, I tell myself... one day at a time, one moment at a time.After reading Numb No More, I realized all of the inspirations that have emerged from my personal stepping stones.You see, I consider myself "normal" and free of addictions and yet, there LIES MY HABIT.We ALL have

something or someone we become addicted or attached to which leaves us open for dependence. Author Kim Pottle, has a way with words, clarity and real life experience. She showed the beauty in vulnerability and the strength with love for oneself. She PROVIDES YOU with POWERFUL strategies to go within and make CHANGE! She did, I did and YOU WILL! If you are ready for a good read and some real ways to deal with your compulsions, obsessions or just plain cravings, then, Numb No More WILL fill that need. "It's easy to tell the difference when you have felt the heaviness of a miserable feeling. That's why our problems are our gifts. They help us live more fully when we choose..." Kim Pottle May YOU ALL choose to be wide awake and enjoy your moments, stepping stones and life by being Numb No More! AWAKEN---It's a choice! CHOOSE to LOVE YOU in a healthy way! Many Blessings, Delphina JOYce~Messenger of JOY(tm)[...]

Numb No More has been the very best book I have ever read that addressed every single issue involved in being a compulsive chronic gambler. This book explains very well exactly what happens during the entire gambling cycle and the seriousness of this illness. The author also shares many positive options to help turn your life around.

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Numb No More: Simple Solutions to Achieve Freedom from Habits and Addictions Million Dollar Habits: 27 Powerful Habits to Wire Your Mind For Success, Become Truly Happy, and Achieve Financial Freedom (Habits of Highly Effective People Book 1) Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits) Habits! 21 Powerful Simple Mini Habits to Boost Your Mind, Hack Your Productivity and Achieve Success in Life (Healthy Living eBooks, Self Control and Discipline,) millionaire success habits: 2 Manuscripts - Millionaire Mindset habits and simple ideas for success you can start now, Money top secrets of accumulating more money Nutrients for Neuropathy (Numb Toes Series) The End Of Chaos: Break Away From Bad Habits, Addictions And Self Destructive Tendencies Before They Break You Rewire: Change Your Brain to Break Bad Habits, Overcome Addictions, Conquer Self-Destructive Behavior 10 Simple Solutions to Adult ADD: How to Overcome Chronic Distraction and Accomplish Your Goals (The New Harbinger Ten Simple Solutions Series) 10 Simple Solutions to Migraines: Recognize Triggers, Control Symptoms, and Reclaim Your Life (The New Harbinger Ten Simple Solutions Series) W.A.I.T. loss: The Keys to Food Freedom and Winning the Battle of the Binge (Eating Disorder, Diet, Weight Loss, Binging, Food Addictions) Recovery: Freedom from Our Addictions Positive Intelligence: Why Only 20% of Teams and Individuals Achieve Their True Potential AND HOW YOU CAN ACHIEVE YOURS Daily

Self-Discipline: Everyday Habits and Exercises to Build Self-Discipline and Achieve Your Goals
Leadership Dubai Style: The Habits to Achieve Remarkable Success Habits: Easy Habits for a
Better Life. (Life, Business, Success, Habit, Happiness) Rich Habits: The Daily Success Habits of
Wealthy Individuals Mini Habits for Weight Loss: Stop Dieting. Form New Habits. Change Your
Lifestyle Without Suffering. Mini Habits: Smaller Habits, Bigger Results DIY Energy & Money Saving
Solutions â “ Best Practices Volume 1 Landscape Hedge (Simple DIY Money Saving Green
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