



media kit

DISCOVER THE HIDDEN INGREDIENT TO RECOVERY & BREAK FREE NOW!

NEVER AGAIN!



The Evil Cycle
of Addiction
& How to
Heal from It



HELEN LIDMAN

THE BOOK

DESCRIPTION

Have you ever said to yourself, *Never Again!?*

Never again shall I take a drink.

Never again shall I work so much that I get burned out.

Never again shall I do so much shopping that I exceed my accounts and credits.

Never again shall I do drugs.

Only to find yourself doing just that very thing the next day, next week or month, or even within a couple of hours!

How many times have you made a commitment to yourself and broken it?

It's possible that you've stopped saying it by now...

Have you ever questioned why you can't keep your word and stay away from what is hurting and damaging yourself and other people around you? Do you wonder why you never heed the warning signs that you'll be fired if you show up drunk at work again? Or that your partner will leave you if your behavior doesn't change and that the landlord is ready to throw you out because you're once again late with paying the rent?

Are you tired of living with constant anxiety? Maybe even feeling suicidal, depressed and resentful? Or perhaps you think it's not you – it's everybody else and if they just stepped up and did their part, everything would be fine.

Why do you repeat the pattern?

In this book, you will come to understand why you hide from the obvious truth that you are suffering – why you can barely remember how painful and dreadful the last occasion and situation was. Or if you do decide to stop

and shape up, why you can't stay committed to that decision and pull yourself together.

This book is based on the 12-step principles for recovery and what the author has learned and experienced from addiction herself, including the extraordinary gifts and relief she has received from using this method. You will uncover not only how to heal from the addiction on a mental level but on a spiritual one as well.

If you are at the end of your rope and feeling desperate enough to make a real life-transforming change, read through these pages and you may find what you need. Like the author, you too can become a living miracle and experience true inner peace on a level you never knew possible.

LEARN HOW...

You can finally break the cycle of addictive behaviors & broken promises so you can live a meaningful and joyful addiction-free life!

“No addict who still finds any pleasure in their addiction or substance, will ever make that necessary shift in life. The association MUST be changed.”

—Helen Lidman

THE BOOK

UNCOVER IN THESE PAGES...

“You cannot, with your own will power, stay in that decision to quit, and to stay in the truth. If you could, then you would have quit already, and it wouldn’t be a problem.”

—Helen Lidman

Change your life around for the better once and for all! Become a living miracle, full of joy and hope, for yourself and others!

- A guide to healing – for the healthcare community and those suffering
- The complex state of addiction and how it affects the entire human being; physically, mentally and spiritually
- Why you can’t stop addiction just by yourself
- The root cause of addiction and what you can do to begin the healing
- Why the healthcare community rarely helps all the way and what you need to do to continue the progress
- What it takes to truly stick to your decision – *Never Again!*
- A strategy to determine your own diagnosis by answering 3 simple questions with “yes or no”
- The hidden path to lifetime recovery and healing, one day at a time
- Tools to apply to feel fulfilled and content without substances
- How to use spirituality to fill your inner void
- The recipe for a daily routine to stay sober & addiction-free
- Life in recovery – Action does it!



THE AUTHOR

Helen Lidman is an author, speaker and mentor. Her life's mission and purpose is to help people suffering from addiction and inspire their recovery. The message she represents has already helped millions of people all over the world.

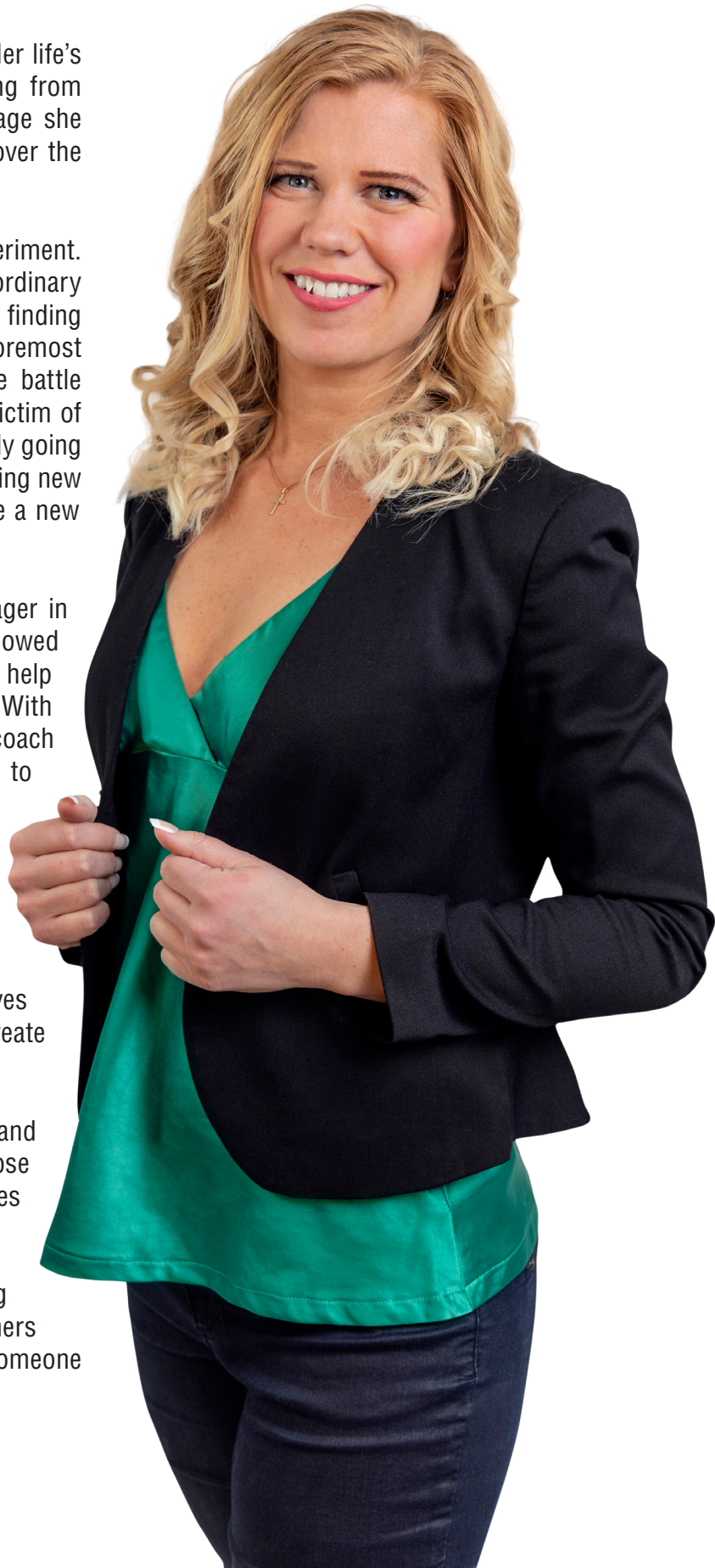
For two decades, she has been her own spiritual experiment. Within her own human laboratory, she has had the extraordinary experience of feeling she was stuck in a black hole to finding true inner peace and relief. By getting to know the foremost enemy for any addict and for herself, taking on the battle and coming out on the other side, she's no longer a victim of addiction. From being totally dead on the inside and only going in whatever direction the addicted life led her, to receiving new strength and inner power, she finally broke free to live a new empowered life – similar to a resurrection!

After many years as a successful Key Account Manager in a global high-pace entrepreneurial company, Helen followed her calling and in 2018 started her own business to help those recovering from addiction and their loved ones. With the intention and purpose to write, speak, and to coach others from a Spiritual-based perspective, she wants to create awareness of the spiritual dimension for us as human beings and why it's such a critical ingredient when it comes to the recovery process.

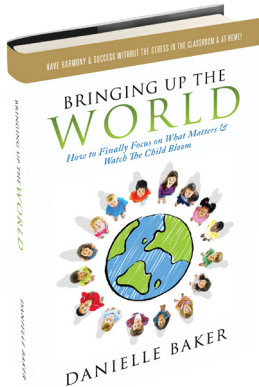
She has an aspiration to make an essential difference to the lives of other people. A foundational driving force for her is to do work that adds meaning and gives real help. She puts value to long-term and works to create trust and positive relationships.

Helen is a positive and inspiring speaker, enthusiastic and charismatic. She always makes a strong impact on those who hear the message. In a simple way, she describes addiction as a form of spiritual illness.

Whether it's speaking at rehab centers to those suffering or to those who work with addiction care, her listeners always have fantastic reviews for her. Invariably, someone often says, "Everyone should hear about this!"

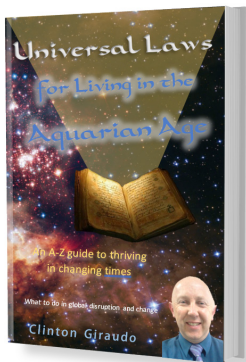


TESTIMONIALS



“What an amazing book! Helen opens up our eyes to the true realities of addictions. She paints a clear picture of what addiction does to the body, the mind and the spirit and invites us into the destructive world of an addict. I absolutely love how she breaks down every aspect of addictions. As a therapist, I have studied addictions thoroughly but reading this book helped me see how I can adjust my approach to help my clients. This book has the power to change and save many lives!”

—**Danielle Baker**, author of *Bringing Up The World: How To Finally Focus in What Matters & Watch The Child Bloom*, RECE (Registered Early Childhood Educator) and RTP (Rapid Transformational Therapy Practitioner).



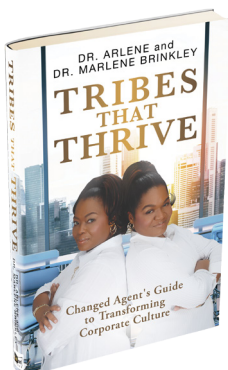
“A user’s guide to overcoming addiction from a recovering addict. Practical and believable. Powerful insights into why addiction is so hard to overcome, and simple steps on how to win that battle, through awakening your spirit - the one thing that medical science cannot treat, but which Helen Lidman reveals for you. Well laid out, easy-to-read and with useful takeaway summaries for those who just want the answers.”

—**Clinton Giraudo**, author of *Universal Laws for Living in the Aquarian Age*, engineer and patent attorney



“My journey in a drug and alcohol free life began more than 36 years ago and I have indeed a life beyond my 'wildest dreams'. This book is an insider's view of addiction and recovery. Helen lays out her approach to healing the damage to the whole of life and being that alcoholism and other addictions cause. Her advice is straightforward, pragmatic and comprehensive - going way beyond the surface to strike deep into the heart of recovery - what it is, what it means and how to get it. If you are, or a loved one is, in the grips of active addiction, read this book. It will show you that not only is it possible to recover but more importantly, that when you put down the drink, drug or addictive behavior, you're free to pick up the threads of a life worth living.”

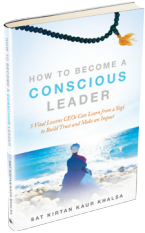
—**Paraic Bergin**, author of *BUSINESSology*



“Helen Lidman’s book, *Never Again!* is a must-read. Any person with a habitual lifestyle dealing with substance abuse of any kind, causes abnormal effects on behavior, personality and robs your life expectancy. Helen’s expertise overcoming addiction experiences will help others to achieve an addiction-free life.”

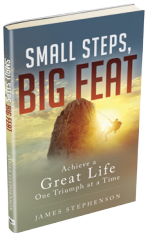
—**Dr. Arlene and Dr. Marlene Brinkley**, authors of *Tribes That Thrive*

TESTIMONIALS



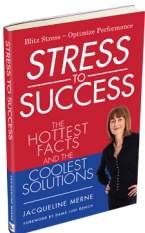
“Overcoming an addiction can be a hard and lonely road. If you or your loved ones suffer from addiction, read this book. It will be a big step in your recovery.”

—Sat Kirtan Kaur Khalsa, author of *How to Become a Conscious Leader*



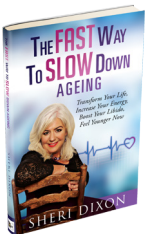
“Anyone who’s ever wanted to be able to achieve freedom from an addiction confidently can benefit from the down-to-earth knowledge in this book.”

—JAMES STEPHENSON, author of *Small Steps, Big Feat*



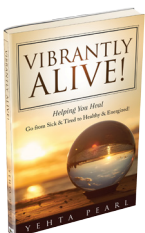
“A must-read for anyone who is suffering from addiction and their families and for professionals in the healthcare community for recovery.”

—JACQUILINE MERNE, author of *Stress to Success*



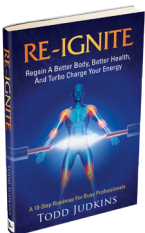
“Never Again! cuts straight to the chase on what you need to do to live and manage a prosperous sober life.”

—SHERI DIXON, author of *The Fast Way to Slow Down Ageing*



“With this book Helen Lidman conveys, in a simple and educational way, how to start living and managing a happy sober life.”

—PEARL SMITH, author of *Vibrantly Alive!*



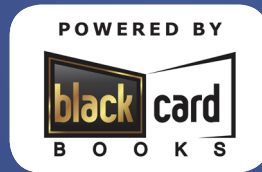
“The information in this book just works. It throws light on how to approach life in recovery effectively and make the most out of it. What a fantastic, straightforward and honest book. Congratulations Helen Lidman!”

—TODD JUDKINS, author of *RE-IGNITE*

BOOK INFO

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