



## When You're Not You: A Personal Journey Through Addictions, Childhood Abuse and Codependency (Paperback)

By Ted McIntyre, Kelly Dame

Trafford Publishing, Canada, 2005. Paperback. Book Condition: New. 223 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Kelly and Ted, a couple facing occupational burnout, knew they needed to take time off and undertook the largest risk of their married life. They left their high paid work, rented out their home, bought an old jeep, and drove the entire coast of Mexico. They didn't speak the language and they had no plan except for a daily appeal for spiritual guidance in their adventure. While walking the beach on the Caribbean side of Mexico, they were inspired to write this book and upon their return to Canada they lived in a small cabin on the lake where they chopped wood and passed the winter writing this deeply personal reality book. Although the book is about their path, in part, it largely focuses on a twenty year process of personal growth. The early part of the book describes the process through denial and the depth of alcoholic despair that culminated in suicide attempts, detox, relapse, treatment, and the search for recovery that really works. It examines many of the myths and barriers to recovery and reveals...



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