



## Companion Guide to What's Your Addiction Temperature? The Color Workbook (Ebook)

*By N. O'Neill*

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### **Companion Guide to What's Your Addiction Temperature? The Color Workbook (Ebook) By N. O'Neill**

“Wow - A Gift from a Higher Place. The blessing is this book is for any addiction.” - Bobby I., CA

“In the war on addiction, a victory for long term recovery.” - L. Quinn, AZ

What is addiction work really about? It is about saving a life! Saving another human being's life is the most honorable work we do as addictions professionals. Addiction of any kind - whether lifestyle, chemical or physical – has emotional pain and distress that can be healed. Body, mind, emotion and spirit are the four parts of addiction that when functioning together, help an addict lead a fulfilling life in recovery. When one of these four parts is missing or is suffering, the long term chances of staying sober and in a program of recovery over time are jeopardized for an addict, no matter what type of addiction. This book and TEL Therapy specifically address the emotional aspect of addiction. All addiction has emotional pain, distress or discomfort attached in some way, shape or form.

This book was written for anyone who suffers from any kind of addiction who wants to achieve freedom from pain, distress or discomfort in sobriety and recovery and his or her therapist, doctor, sponsor or counselor will benefit from having a visual road map to healing. Taking Addiction Temperature of the addict gives both addict and his or her therapist a road map they can physically see by using TEL Therapy to address hidden objections for the addict. This book addresses the emotional side of addiction.

With over twenty one years of sobriety (getting sober at the young age of twenty one) and recovery, this dynamic author has many diverse experiences and education to share with us. Ms. O'Neill developed a visually powerful, insightful tool – TEL (The Emotive Ladders) Therapy - to reach into those hidden areas to help the addict in pain or distress improve their odds for keeping and maintaining long term sobriety and recovery. With her BA in Psychology from a prestigious research university in addition to her Honors studies in addiction, she joined an International Honors Society as a Lifetime Member.

This is the second book published and written by Ms. O'Neill. This book is the Companion Guide to the original Main book, "What's Your Addiction Temperature? Healing from the Pain of Addiction Using TEL Therapy". This single mother is a multi-talented teacher, author and consultant. Some of Ms. O'Neill's other recent books are: "What's Your Addiction Temperature? Healing from the Pain of Addiction Using TEL Therapy", "Ebay: How to Get Started and Make Money Now!", "Grow Your Phone Room or Go Bust: Make Money on the Telephone and Avoid the Phone Room from Hell – An Insider's Essential Guide".

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