

Stopping Cocaine Addiction

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Synopsis

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If you are worried about your cocaine use and feel it is getting out of control or is something you want to stop totally, then this E-motion download will help you. Your cocaine addiction will weaken when you find better ways to get your essential emotional needs met and understand exactly how the brain manufactures and maintains your coke dependency. In this download you will learn of the common causes of all addictions including cocaine - and of course the consequences, too - which, broadly speaking, are that your cocaine addiction will be easily maintained and at times strengthened. And you will see that there is a path out of coke and a return to emotional health and balance. And you will see this path clearly and how to travel along that path. This E-motion audio download is based on the Human Givens approach to emotional healing and mental health - the newest and most radical school of psychology in 40 years. This rapidly expanding approach is UK based and dates just from the mid-1990s. The E-motion audio series can complement your Human Givens therapy but can also be used as part of a stand-alone self-help programme. Andrew Richardson is a director of the London Human Givens Centre and a qualified Human Givens practitioner.

Reader's comments

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