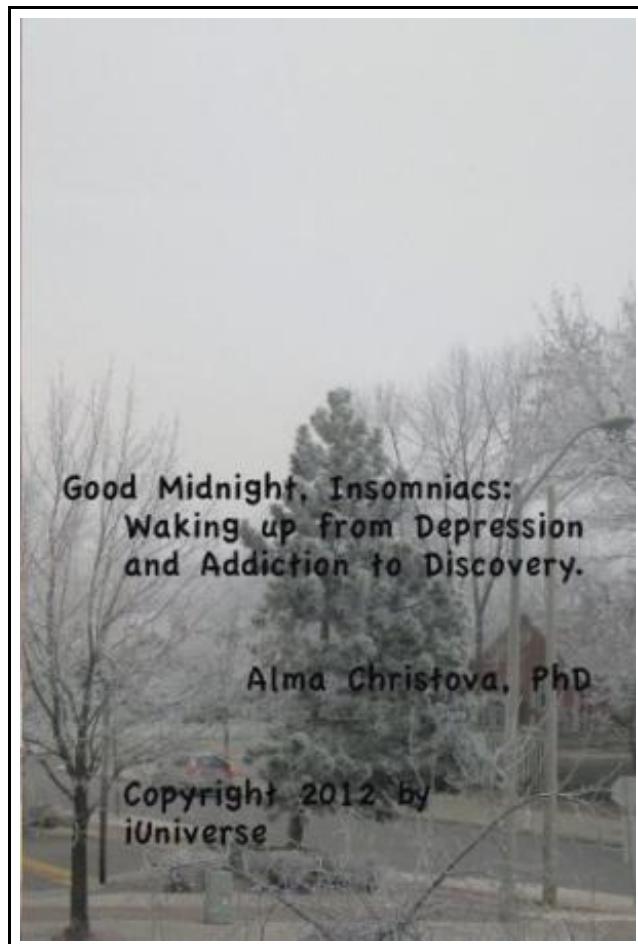


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iUniverse, United States, 2012. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****. Good Midnight, Insomniacs is a spontaneous collage of life-writing and photographs put together in one breath and hastening to document the early stages of the author's recovery from addiction and depression. No matter who you are - a man or a woman, young or old, rich or poor, black or white, your addiction wants to take your life. Period. The Three Headed Dragon wants you dead. Alma Christova's modest self-help booklet is dedicated to the intervention and addresses people who decided to conquer one of the 21st century deadliest pandemics. As a proverbial slogan of Alcoholics Anonymous goes: You are no longer alone, it is her belief that in today's cyber era there is no excuse for silencing mental health issues and chronic addiction pathology, no reason for isolation and despair in the wee hours of the morning. Alma's personal collection of sunrise pictures taken over the first six months of her recovery send the symbolic message of hope for new daybreak to fellow addicts and insomniacs. The essays are simply a continuation of her gratitude letter to The Addictions and Concurrent Disorders Center at the Credit Valley Hospital in Mississauga and depict her personal awakening as a direct result from its multifaceted support. The acquired knowledge has empowered the author beyond words (here come the pictures!) and has opened widely a new road yet another journey of healing and discovery.

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