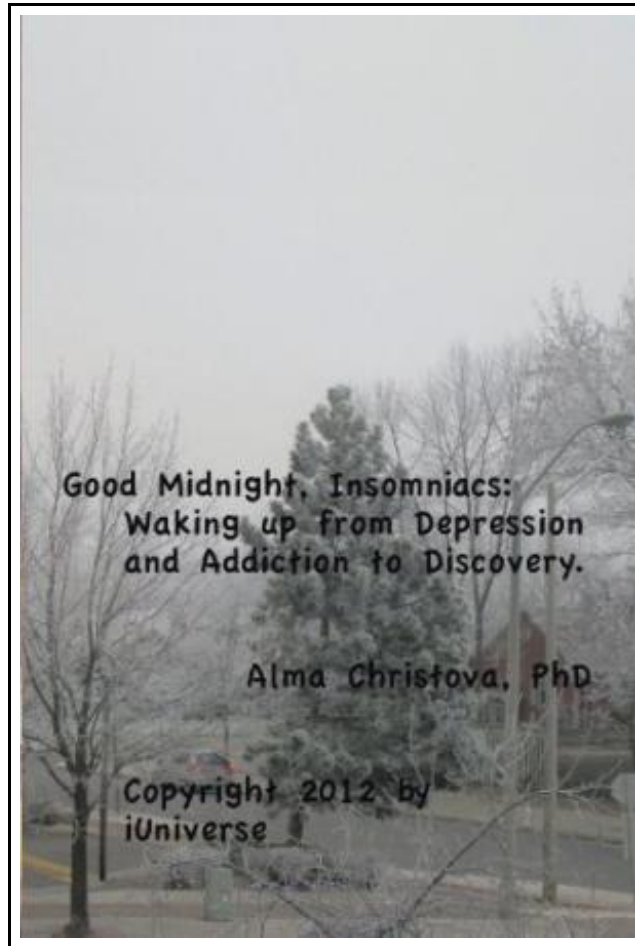


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iUniverse, United States, 2012. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****. Good Midnight, Insomniacs is a spontaneous collage of life-writing and photographs put together in one breath 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 s 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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