



Quitting Crystal Meth: What to Expect & What to Do: A Handbook for the First Year of Recovery from Crystal Methamphetamine

Joseph Sharp

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UPDATED "2018 EDITION" -- Drawing upon the wisdom and experiences of recovered addicts and recovery professionals, "Quitting Crystal Meth" is a concise handbook that explains what you'll experience during the first year of recovery from crystal methamphetamine. It is a no-nonsense how-to manual written by a recovered meth addict for the addict who wants to quit. Joseph Sharp explains, "I wrote the book I wished I'd had when I was trying to quit-a straightforward manual that would give me some idea of what to expect and better my chances at quitting ice forever." Quitting Crystal Meth is divided along the five stages of meth recovery, including the chapters: "Withdrawal (day 0 to 15)," "The Honeymoon (day 16 to 45)," "The Wall (6 weeks to 4 months)," "Adjustment (months 4 to 6)," "Ongoing Recovery (months 6 to 12)" and "A Year and Beyond." Additional chapters look at "Crystal Meth Anonymous Meetings - What It's All About" and "What About Relapse?" Upbeat and positive, QUITTING CRYSTAL METH: WHAT TO EXPECT & WHAT TO DO approaches the reader with respect and the disease of addiction with dignity.

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From Reader Review Quitting Crystal Meth: What to Expect & What to Do: A Handbook for the First Year of Recovery from Crystal Methamphetamine for online ebook

sylas says

I think this handbook could be useful to folks who want to quit crystal meth and who find it helpful to organize around a text. The book is written in small blurbs/ideas/recommendations around sustaining recovery and takes a reasonably harm-reduction approach.

Linda Conner says

This is a book about nothing. It does nothing to help the addict but tell some guy's story that we already know. Waste of time.

Frank Culberson says

Very standard 12 step workbook

No new ideas or helpful insights but an honest and forward interpretation of 12 step ideas done well. Good job.
