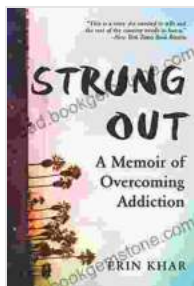


One Last Hit And Other Lies That Nearly Killed Me



Strung Out: One Last Hit and Other Lies That Nearly Killed Me by Erin Khar

★★★★☆ 4.5 out of 5

Language	: English
File size	: 2162 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 240 pages



In the depths of my addiction, I told myself a lot of lies. I told myself that I could handle it, that I was strong enough to quit on my own, and that I didn't need help. I told myself that one last hit wouldn't hurt, and that I could stop whenever I wanted. But all of these lies were just that: lies.

The truth is, I couldn't handle it. I wasn't strong enough to quit on my own, and I desperately needed help. And that one last hit did hurt. It led to another, and another, and another. Before I knew it, I was back in the cycle of addiction, and I was spiraling out of control.

The lies that addiction tells are powerful. They can convince us that we're invincible, that we can handle anything, and that we don't need help. But

these lies are nothing more than illusions. Addiction is a powerful disease, and it can destroy our lives if we let it.

If you're struggling with addiction, please know that you're not alone. There are millions of people who have been where you are, and there is help available. Don't listen to the lies that addiction tells you. Reach out for help today.

The Lies of Addiction

Addiction tells us a lot of lies. It tells us that we can't live without it, that we're not strong enough to quit, and that we'll never be happy without it. But these are all just lies.

We can live without addiction. We may not believe it at first, but it's true. Addiction is a disease, and like any other disease, it can be treated. With the right help, we can overcome addiction and live happy, healthy lives.

We are strong enough to quit. Addiction may make us feel weak and powerless, but we're not. We have the strength to overcome addiction and take back our lives.

We can be happy without addiction. Addiction may make us feel like we need it to be happy, but that's not true. True happiness comes from within, and it's something that we can find even without addiction.

The Truth About Recovery

Recovery is not easy. It takes hard work, dedication, and support. But it's worth it. Recovery is a journey, and it's one that can lead us to a better life.

In recovery, we learn how to live without addiction. We learn how to cope with our triggers, how to build healthy relationships, and how to find happiness in life. Recovery is not about giving up something; it's about gaining something. It's about gaining our lives back.

If you're struggling with addiction, please know that there is hope. Recovery is possible. With the right help, you can overcome addiction and live a happy, healthy life.

Getting Help

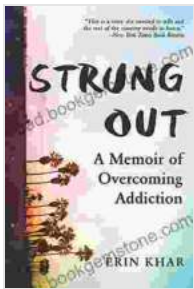
If you're ready to get help for addiction, there are many resources available. You can talk to your doctor, a therapist, or a trusted friend or family member. You can also call a helpline, such as the National Drug Helpline at 1-800-662-HELP (4357).

There are also many different treatment programs available. You can choose a program that meets your individual needs and preferences. Some programs are inpatient, while others are outpatient. Some programs focus on medication, while others focus on therapy. There is no one-size-fits-all approach to recovery.

The most important thing is to find a program that you feel comfortable with and that you believe will help you succeed. Recovery is a journey, and it's important to find a program that will support you along the way.

Addiction is a powerful disease, but it can be overcome. With the right help, you can recover from addiction and live a happy, healthy life. Don't listen to the lies that addiction tells you. Reach out for help today.





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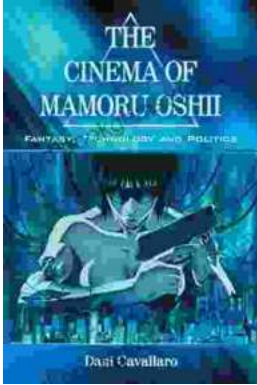
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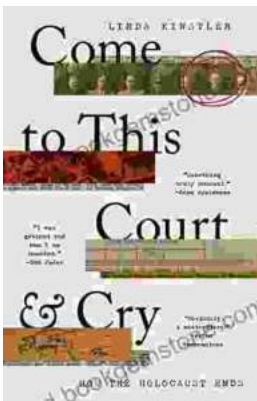
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