



To Hell and Back: A Surgeon's Story of Addiction: 12 Prescriptions for Awareness

Steven B. Heird

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Here, in this raw account of one doctor's journey to Hell and back ... is the "prescription" that could save the life of someone you love. Addiction can affect anyone - of any occupation, education, or social class. The most common denominator among all addicts though ... is that they once thought it could never happen to them. As Head of the Department of Vascular Surgery at a large community hospital, Dr. Steve Heird was well aware of all this. Yet even as he wrote one illegal prescription after another - all for himself - he refused to believe he had a problem. He was in control. It could never happen to him. But the day came when - tired of playing a game of cat-and-mouse with the DEA, and finally ready to accept help with his problem - Steve had to face his family and go into rehab. Everything that mattered to him - his family, his career, his lifestyle - was on the line, and he risked losing it all, to serve a ten-year prison sentence. "That was one of the worst days of my life" he now says. "I had hurt the people I loved most. I felt overwhelmed with shame and self-loathing. How could I have screwed up so badly?" But there's a silver lining to the cloud that followed Dr. Heird all those years. His personal healing has led to the creation of a system of strategies for recognizing the warning signs - whether in yourself or others - and overcoming any addictions, along with the fear and self-doubt that feed them. In this entertaining and inspiring true-life account, and through his Prescriptions For Awareness healing program, Dr. Heird proves beyond a doubt that NOBODY is entirely "above the reach" of addiction, and no addict need ever feel doomed to remain forever within its grasp.

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This To Hell and Back: A Surgeon's Story of Addiction: 12 Prescriptions for Awareness book is not ordinary book, you have it then the world is in your hands. The benefit you obtain by reading this book is usually information inside this reserve incredible fresh, you will get facts which is getting deeper a person read a lot of information you will get. This To Hell and Back: A Surgeon's Story of Addiction: 12 Prescriptions for Awareness without we comprehend teach the one who looking at it become critical in pondering and analyzing. Don't possibly be worry To Hell and Back: A Surgeon's Story of Addiction: 12 Prescriptions for Awareness can bring once you are and not make your bag space or bookshelves' turn into full because you can have it in your lovely laptop even telephone. This To Hell and Back: A Surgeon's Story of Addiction: 12 Prescriptions for Awareness having great arrangement in word and layout, so you will not really feel uninterested in reading.

Anne Hernandez:

Playing with family in the park, coming to see the marine world or hanging out with pals is thing that usually you have done when you have spare time, then why you don't try thing that really opposite from that. One activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love To Hell and Back: A Surgeon's Story of Addiction: 12 Prescriptions for Awareness, you could enjoy both. It is fine combination right, you still want to miss it? What kind of hang-out type is it? Oh seriously its mind hangout people. What? Still don't obtain it, oh come on its known as reading friends.

Margaret Wynkoop:

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