



# **Addict Americanae: a guide to self discovery and recovery**

*Rich Ameninhat*

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# Addict Americanae: a guide to self discovery and recovery

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**Addict Americanae: a guide to self discovery and recovery** Rich Ameninhat

A unique writing style coupled with a new Peer approach to addiction and mental illness makes Addict Americanae a must to read for any who are serious about the subjects. The Book introduces original concepts Chemotional Heath and Chemotional Wellness as focal points to the recovery process. It recommends the 8 Dimensions of Wellness; an approach developed by Swarbrick, M. and adopted by the Substance Abuse and Mental Health Services Administration (SAMHSA) [2006], to help gage standards and satisfaction towards optimal living. Whether the “Red or Blue Pill” is chosen, Addict Americanae is so positively conceived that it will yield benefits for beginner and advanced levels of development. In the United States of America as technology becomes more adept, the scientific understanding of the body is becoming more and more advanced. Understanding self and Self-help must do the same. Here are not only advancements, but also guidance towards self-directed recovery and discovery.

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