



# Overcoming Crystal Meth Addiction: An Essential Guide to Getting Clean

*M.D. Steven J. Lee M.D.*

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In Overcoming Crystal Methamphetamine Addiction, one of the few books to address the topic for a general audience, Dr. Steven Lee, MD, a psychiatrist who specializes in crystal meth addiction, offers a complete guide to the drug, its effects, and how to overcome it. Based on extensive scientific and social research and drawing from his professional experience, he covers everything from the definition and history of crystal meth to the physical and psychological effects; from dealing with the addictive personality to helping a friend or family member cope with it. He focuses on understanding rather than outright condemnation of the drug, and empathetically covers all of the crucial questions: What is crystal meth? How is it made? How does it affect the body? How do you know if you're addicted to it? How do you stop using it? What if you don't want to stop? If you are going to use CM anyway, how can you minimize the damage? What if you quit but slipped and used again?



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Why don't make it to be your habit? Right now, try to prepare your time to do the important take action, like looking for your favorite e-book and reading a e-book. Beside you can solve your condition; you can add your knowledge by the e-book entitled Overcoming Crystal Meth Addiction: An Essential Guide to Getting Clean. Try to make book Overcoming Crystal Meth Addiction: An Essential Guide to Getting Clean as your good friend. It means that it can for being your friend when you truly feel alone and beside that of course make you smarter than in the past. Yeah, it is very fortuned for yourself. The book makes you much more confidence because you can know every thing by the book. So , we need to make new experience as well as knowledge with this book.

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