



Enough is Enough: A Helpful Guide to Managing Addictions by Despina Nicola

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A Helpful Guide to Managing Addictions

The objective of this book is to face reality and move away from the numbness that enslaves. There are about 55 exercises that will move you towards this transition. You will leave the fairytale behind that has imprisoned you and transcend into a new freedom.

The book is divided into three stages:

Stage One: Exploration. This is where you admit to suffering and explore why you have become dependent before seeking help.

Stage Two: Recognition. This is a step-by-step process that examines the habit formation, the triggers, and consequences. It focuses on responsibility and discipline. For the addict, this is the most difficult stage.

Stage Three: Action. This is where steps towards change occur. Relapses may be overcome through practical activities and inspiring stories throughout the book.

The Manual Guides you through the process of healing, leaving emptiness behind, and finally leads to love.

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About The Author: Author Despina Nicola is a Life Coach who specializes in Managing Addictions and Relationships. She has always had a passion for human evolution.

After completing a degree in Psychology, she completed over 60 certificates in Life Coaching and is still completing courses. Despina has now embarked on a career that specializes in well-being, relationships, and addictions.

It is her mission is to support clients to be brave, explore, change and create a dream life. That is why she authored two books, Dare to Begin the Process of Healing and Enough is Enough a Practical Guide to Managing Addictions. Despina founded Dare to Begin Life Coaching for Addiction and Relationship Management and has done seminars on relationship issues as well as addictions. She has worked with groups and individuals as a personal counselor. She also produced a computer-based questionnaire for hiring personnel. Despina Nicola was raised in New Zealand and left in 1991 to take up residence in Cyprus. She is the founder of two companies; The English Centre and Dare to Begin Life Coaching. She is divorced and has two daughters.

Qualifications: Bachelor of Science in Psychology Teaching Diploma University of Auckland TESOL Life Coaching Certificates (over 50 courses). Work Experience: Life Coach Specializing in Divorce and addiction abuse; Seminars on divorce and relationship issues since 2016 Uclan - Pre-sessional English course tutor since 2015 Produced a computer-based questionnaire for hiring personnel The English Centre LTD: Private institute owner since 1997 Examining two examination boards in the UK English for special purposes English for special purposes to the staff of the Oncology Centre American Nicosia/ Larnaca: English teacher Pascal Institute tuition Range-view Intermediate School: NZ teacher

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