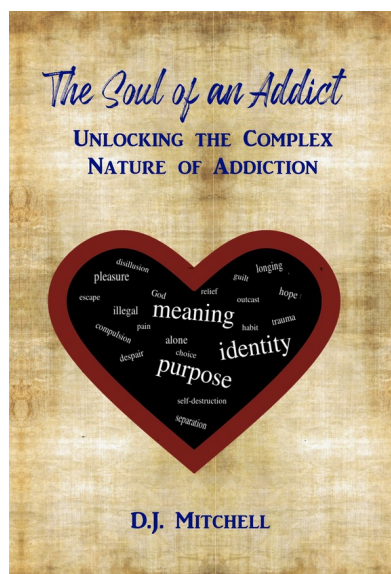


# The Soul of an Addict: Unlocking the Complex Nature of Addiction

D.J. Mitchell



## About the Book:

**America is facing a drug and substance abuse problem of immense proportion.** Since 1979, the rate of drug overdose is up over 1,200%. In the past 20 years, over 750,000 people have died from overdoses. 2018 saw over 67,000 overdose deaths, about 47,000 of these from opioids alone.

How do individuals swept up in this get out?

**Recovering from addiction is tough**—D.J. Mitchell, himself in recovery for over 35 years, knows it. Based on first-hand knowledge, years of experience working with other addicts, and painstaking research, he shows that leaving recovery behind is complex and defies easy answers.

## Some sobering facts:

- Americans spend about \$30 billion per year on drug and alcohol rehabilitation programs.
- Only about 12% of those who need treatment receive it.
- Many rehabilitation programs have a success rate of less than 10%.
- Our jails and prisons hold an estimated half a million nonviolent drug offenders.

**How does a person** find help for themselves and for loved-ones?

*The Soul of an Addict* is written for non-addicts who want to better understand the nature of addiction and how to help those who are addicted. Praised by scholars, social workers, and addicts in recovery, this book is intended for a broad audience, and seeks to raise awareness of the needs of a recovering person to prevent more tragic deaths from drug and alcohol abuse.

## The Soul of an Addict: Unlocking the Complex Nature of Substance Addiction

Author: D.J. Mitchell, [www.djmitchellauthor.com](http://www.djmitchellauthor.com)

Publication date: August 27, 2020

Published by Alma James Publishing LLC, Harrisonburg, VA, [www.almajamesbooks.com](http://www.almajamesbooks.com)

ISBN: 978-1-7356808-1-1

202 pages

\$16.95 print

\$8.99 eBook

**For more information:** [www.thesoulofanaddict.com](http://www.thesoulofanaddict.com)

Alma James Publishing

### Available at:

- ◆ Publisher: <https://almajamesbooks.com/store/The-Soul-of-an-Addict-p238140360>
- ◆ Amazon: [https://www.amazon.com/Soul-Addict-Unlocking-Complex-Addiction-ebook/dp/Bo8GZK4VYF/ref=tmm\\_kin\\_swatch\\_o?encoding=UTF8&qid=&sr=](https://www.amazon.com/Soul-Addict-Unlocking-Complex-Addiction-ebook/dp/Bo8GZK4VYF/ref=tmm_kin_swatch_o?encoding=UTF8&qid=&sr=)
- ◆ Barnes & Noble: <https://www.barnesandnoble.com/w/the-soul-of-an-addict-dj-mitchell/1137734033?ean=9781735680835>
- ◆ Locally from the author

### Author contact:

Phone: (435) 590-0692

Email: [dj@djmitchellauthor.com](mailto:dj@djmitchellauthor.com)

Blog: [www.djmitchellauthor.com](http://www.djmitchellauthor.com)



### About the author:

DJ Mitchell is a pastor, recovering addict, and author writing from Harrisonburg, Virginia.

**He grew up** in a small town in New Hampshire, and moved to Los Angeles at nineteen years old. Over the years, he's worked in industrial plants, taught computer classes, prepared tax returns, and made artisan cheese.

**His writing**, while varied in subject and genre, always seeks to build bridges

**Among his formative experiences** was serving for 18 months as a volunteer in Sri Lanka with the Sarvodaya Shramadana Movement in 1993-1995. He returned several more times over the next decade. In 1999, he joined a team that was working to end the civil war there, which helped bring about a cease-fire that lasted six years - the longest cease-fire of the war.

**He graduated from** Eastern Mennonite Seminary in 2019 and started Healing Refuge Fellowship, a ministry to people in recovery

### Unique selling points

- It is written by a recovering addict, and primarily for those who have not experienced addiction.
- It seeks to help non-addicts to understand the complex nature of addiction so that they can avoid the temptation of easy answers and simple solutions.
- It considers and draws from multiple theories. It offers practical analysis of the problem of addiction that will suggest practical understanding and, ideally, practical responses.
- It draws on decades of personal experience of the author

## **Endorsements:**

A must read for both the person who suffers from addiction and those who love the addicts. As a therapist I will be recommending this book to my clients.

**–Milt McLelland, CMHC, Roots Counseling Center**

The best explanation I've ever read about addiction for the non-addict.

**–Ed Marshall, recovering addict**

Lucid and compelling.

**–Brendon Walls, Catholic Charities**

One of the best overviews of addiction and recovery I have read. It is very readable with examples throughout, and provides a good overview of various approaches to understanding and treating addiction with a fair critique of these. As one who has a doctorate in religion, I find your description of addiction to be realistic, convincing, and very helpful to the god-like power that makes so much sense to the devotee.”

**–Linford Stutzman, Professor of Religion, Eastern Mennonite University**

If you thought you understood addiction, think again, and read this book. While this is a book by a fine writer, it is more importantly by someone who is himself in recovery. It draws on a wide variety of research and experience and avoids easy answers. A must read for the non-addict who is trying to understand the huge society problem of addiction.

**–Russ Eanes, author of *The Walk of a Lifetime***

The book elucidates the agony of addiction in a fresh, new way. It emphasizes the role of trauma in setting the stage for debilitating behaviors, and explains the importance of community support in the healing process. With anecdotes of many people who grapple with addiction and have survived, as well as sad stories of addicts who died, this book provides healthy doses of grit and inspiration.

**–Christopher Key Chapple, Professor of Religion, Loyola Marymount University**