

## What is Alcohol Addiction? and is there really a way out

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☒ First of all we need to take a close look at what alcohol really is and what it does to us, both mentally, physically and spiritually. Now I say spiritually for those of us that believe in something rather than themselves, like the Creator, God or any other supreme force. So if you don't have a spiritual side, things will be a lot more difficult in understanding the control that alcohol has over us turning the alcohol into your answer to what life has to throw at us.

"Alcohol" may also be connected in some way to a whole range of other human behavior patterns like gambling, drugs and other narcotic substances, but they all have one thing in common, and that is that they are all addictive. Yes it is the addiction that will tear us apart as it is an addiction that prevents us from sense and the things that most matter to us in our lives, like family and friends and the sheer beauty that surrounds us.

Although I would like to present this article with spiritual content, I would not like to offend anyone in any way. We all have an inner voice that speaks to us and helps us to make decisions, but we need to find those voices that make us make the right decisions, and there is no doubt that if you believe in something superior rather than just in yourself, then you have made it a hell of a lot easier to eradicate any addiction from your life.

There are many Christian and other religious groups that do give support to help people get through difficult times like trying to stop alcohol addiction, but it is quite normal that people who need help will accept help from anybody who is willing to help. Now if you have already found help from a support group, then I say congratulations as you have made the right decision, and it is so comforting for me that there are so many people around us that are willing to listen and ready to help.

If you have an alcohol addiction and you need help, then I am willing to listen and to help you too, as well as a whole network of other people who previously had an alcohol addiction. Believe in yourself and if you can believe in a superior force, even better. Don't be afraid to come out of the shadows, but if you want to tackle this matter without other people finding out that you have an alcohol addiction,

then please cunt on me, Ed Philips to guide you on to the path of understanding alcohol and how you can stop drinking alcohol today.

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