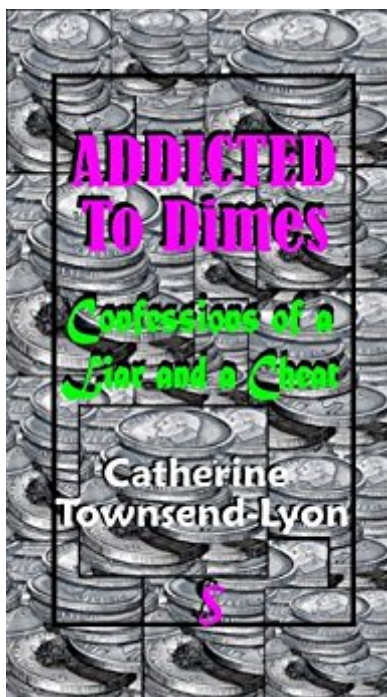


The book was found

# Addicted To Dimes (Confessions Of A Liar And A Cheat)



## Synopsis

How does a good girl go bad? Based on a true story, told in the author's own words, without polish or prose, this haunting tale of addiction, family secrets, abuse, sexual misconduct, destruction, crime and.... recovery! One day at a time, one page at a time. Learn of this remarkable and brave story.

## Book Information

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## Customer Reviews

A very personal, honest, no holds barred memoir. This is the tale of the author's journey with gambling addiction. Catherine Townsend-Lyon has been very honest about all her failings. Though she admits writing the book had a cathartic effect it must have been very hard to recall and put into the public view all that occurred on her journey. She has to be admired and respected for having taken this step. The author has endured much but at the same time I think it only right to remind readers she is anything but alone in this. Many of us, one way or another, have suffered in our lives, some similar to her own experiences, others very different. We are each unique and individual and though there may be similarities each of our journeys differ. Though one of her motivations for writing this book is to help others who suffer with the same addiction it should be born in mind this is

very much her own tale. No doubt others have and do experience similar circumstances but this is not a handbook for them. Nevertheless, having said that, it should help many to appreciate they are not alone; that others have and are going through similar difficulties; that there is hope; that there is escape if they truly work toward it. Throughout, the "triggers"™ are described and talked about but we must bear in mind these are also personal to her. For others the "triggers"™ may be very different. Catherine (if I may be so personal as to refer to her by first name) frequently explains how, through her dysfunctional family, she consistently felt valueless.

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