



# How About a Lifestyle Change: Your 90 Day WHOLE-listic Transformation Guide

*Dr. LaSean Rinique Shelton*

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Written by the compiling Author of "Congratulations! You Just Lost Your J.O.B!", How About a Lifestyle Change promises to address the addictive issues many whisper about while those in need seek much needed support. This book shares new insights, case studies and "lessons learned" from those that struggled from some form of addiction. The addictions depicted in this book are: financial carelessness, eating, sex, drugs, alcohol, being Institutionalized and "The Church". Readers will gain insight and means of developing ways to fortify their worth and seeking the inner natural high opposed to the outer fix many seek when placating the "void". There is something in this book that one can gain from each of these phases; • Acceptance: Removing the Compulsions • Realization: Rebuilding the Inside • Reflection: Releasing the Transformed Lifestyle. Shelton also saw the same silent suffering as it relates to attitudes and behaviors among many people that she knew or knew of including herself. She knew that there was an answer, especially with her being credentialed as an Expert in Substance Abuse, Mental Health Counseling, Family Counseling, and Vocational Counseling. Once an Axis is identified and diagnosed, help is quite possible. "This new book speaks directly to many emerging issues of addiction inclusive of those that are more common including shopping, people pleasing, relationships, gambling, drugs/alcohol, sex, being institutionalized and over eating". Shelton even mentioned that drinking water can become addictive if one presents with a dangerous insatiable desire to do so resulting in negative consequences. In many ways, "addiction" as we once knew (drugs and alcohol) is an unfair assessment of what many in society are suffering from. She goes onto saying: "If you continue to do the same thing over and over and over again despite the negative consequences such as increased unhealthy weight, constant pain and suffering financially, mentally, emotionally, physically and extrinsically chances are there may be an addictive trait in what you are doing. Filling a void with something external is not the solution, rather to seek internal answers and accept unconditional supportive help is—but you have to want it more than anything in the world, find your WHY".

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