



Soaring Above Co-Addiction: Helping Your Loved One Get Clean, While Creating the Life of Your Dreams

Lisa Espich

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In Soaring Above Co-Addiction, the author shares her own experience of overcoming codependency by utilizing tools such as affirmations and visualization. In this memoir-style self-help book, the reader learns all of the traditional methods of recovery, like detachment and tough love, while also learning to master the power of the mind. This book goes beyond teaching the tools of recovery - it shows readers how to create the life of their dreams.

Soaring Above Co-Addiction has received multiple honors and awards including:

- 2011 Pinnacle Achievement Book Award Winner
- 2011 Indie Excellence Book Award Winner
- USA "Best Books 2011" Award Finalist
- 2011 Next Generation Indie Book Award Finalist
- 2011 Los Angeles Book Festival Honor Award
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