



About the Author

Loving an Addict, Loving Yourself: The Top 10 Survival Tips for Loving Someone with an Addiction

Candace Plattor, author of *Loving an Addict, Loving Yourself: The Top 10 Survival Tips for Loving Someone with an Addiction*, knows from personal experience what it means to be an addict. Within a year of being diagnosed with Crohn's Disease in 1973, she found herself in the throes of prescription drug addiction.

Her Crohn's Disease diagnosis came at a time when the medical community had a very limited understanding of the disease and how to treat it. As a result, the treatment included some very addictive medications such as Valium, Demerol and Codeine, which she took faithfully for a number of years.

Additionally, she discovered that marijuana took away a lot of her physical pain and helped her escape from feelings of powerlessness, hopelessness, and isolation. In no time at all, she became a daily pot smoker and had one more addiction to deal with. And when she ran out of pot, she abused alcohol.

After more than 14 years of abusing substances, she reached "bottom" in 1987. Thus began her journey of recovery and self-discovery.

In *Loving an Addict, Loving Yourself: The Top 10 Survival Tips for Loving Someone with an Addiction*, Ms. Plattor draws from her experience as an addict, as well as from the stories of those she continues to help in her practice, to uncover the reality of loving someone with an addiction. All too often, people with an addicted loved one in their lives will neglect themselves in an attempt to "help". But, as Ms. Plattor points out in her book, this is a lose-lose situation that doesn't help the addict at all. Instead, loved ones must make their own needs a priority and learn to focus on their own self-care.

Ms. Plattor graduated from the Adler School of Professional Psychology with a Masters degree (M.A.) in Counselling Psychology, in 2001. For over 20 years in her private practice, she's been helping clients and their loved ones understand their addictive behaviours and make healthier life choices.

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