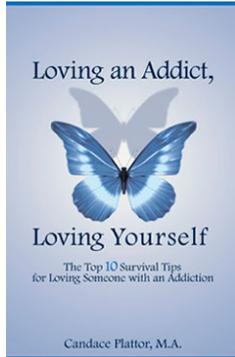


News Release

Vancouver Author Candace Plattor Wins International Book Award!



ANNOUNCEMENT: Candace Plattor, M.A., Registered Clinical Counselor, has won the 2010 International Book Award in the “Health: Psychology/Mental Health” category.

<http://www.internationalbookawards.com/2010awardannouncement.html>

Candace Plattor’s book *Loving an Addict, Loving Yourself: The Top 10 Survival Tips for Loving Someone with an Addiction* is also a Finalist in four additional categories:



- Health: Addiction and Recovery
- Self-Help: Relationships
- Self-Help: Motivational
- Best New Non-Fiction

“In this book, Candace Plattor outlines some of the major causes for ill health and unhappiness today—addictions. She especially focuses on how to help yourself if you are the loved one of an addict. Bravo to Candace, whose personal experience and brilliant counseling strategies are turning people’s lives around!”
Caroline Sutherland,
Author of *The Body Knows* and *The Body Knows... How to Stay Young*

If someone you care about is struggling with addiction, *Loving an Addict, Loving Yourself: The Top 10 Survival Tips for Loving Someone with an Addiction* presents a dramatically fresh approach to help you get off the roller-coaster chaos of addiction, maintain your own sanity and serenity, and live your best life.

Candace Plattor says, “I am honoured to have been chosen for these awards from amongst hundreds of entries. I wrote this book because the majority of published books on the subject of addiction in the family have been written to help those who are actively engaging in addictive behaviors. But unfortunately there is little out there to support the people who love them. In *Loving an Addict, Loving Yourself*, I encourage people to shift their focus from their loved one’s addiction to their own self-care, and provide “survival tips” designed to create healthy and lasting change. This International Book Award is acknowledging how important it is to hear and validate the needs of the loved ones of people with addictive behaviors. *Loving an Addict, Loving Yourself* helps those loved ones heal their own issues so they can transform their lives.”

For over 20 years, Candace Plattor has been helping clients and their loved ones understand their addictive behaviors and make healthier choices.

Candace Plattor, M.A., Registered Clinical Counselor, www.candaceplattor.com

For more information or to book an interview with Candace, please contact
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