

CANDACE PLATTOR, M.A., R.C.C.

Professional Speaker & Author



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"Candace Plattor's work has effected a powerful positive change in my life. *Loving an Addict, Loving Yourself* was my crucial first step in breaking free from the pain of an addictive relationship. This little blue book is so wise and wonderful. It was instrumental in creating the joyful life I'm now living." – Alexandra

Is your addict running your life?

Are you feeling scared and ashamed about your family member's addiction?

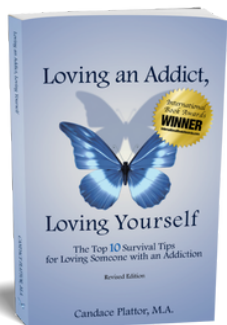
Have you spent too much time, energy and money trying to 'fix' the addict you love?

If you answered yes to any of these questions, it's likely that what you are doing in an attempt to control the situation is instead enabling the addiction to continue.

If you want the addict in your life to start making better choices for him- or herself, change needs to start with you. Until friends and family members modify what they're doing in these challenging situations, it's unlikely that the addict in their lives is going to change their own behaviors.

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

provides essential survival strategies that will help you get off the roller-coaster chaos of addiction and regain your equilibrium so you can live your best life.



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Vancouver, BC
604-677-5876
Candace@LoveWithBoundaries.com
LoveWithBoundaries.com

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LoveWithBoundaries.com
Candace@LoveWithBoundaries.com

Facebook: facebook.com/LovingAnAddictLovingYourself
LinkedIn: linkedin.com/in/candaceplattor
Twitter: twitter.com/candaceplattor