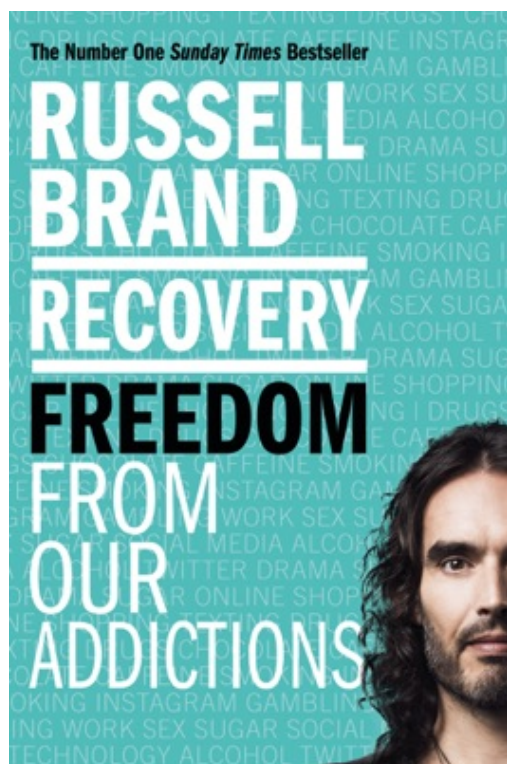


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## The Number One *Sunday Times* Bestseller

*This is the age of addiction, a condition so epidemic, so all encompassing and ubiquitous that unless you are fortunate enough to be an extreme case, you probably don't know that you have it.*

*What unhealthy habits and attachments are holding your life together? Are you unconsciously dependent on food? Bad relationships? A job that doesn't fulfill you? Numb, constant perusal of your phone, looking for what?*

*My qualification for writing this book is not that I am better than you, it's that I am worse. I am an addict, addicted to drugs, alcohol, sex, money, love and fame.*

The program in *Recovery* has given Russell Brand freedom from all addictions and it will do the same for you.

This system offers nothing less than liberation from self-centredness, a new perspective, freedom from the illusion of suffering for anyone who is willing to take the necessary steps.

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