

Purge Rehab Diaries: A Raw and Unflinching Account of Addiction and Recovery



Purge: Rehab Diaries by Nicole Johns

★★★★☆ 4.3 out of 5

Language : English
File size : 7636 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 274 pages



In *Purge Rehab Diaries*, Nicole Johns shares her harrowing and ultimately triumphant journey through addiction and recovery. With raw honesty and unflinching detail, she recounts her struggles with addiction, her time in rehab, and her ongoing battle to maintain sobriety.

Johns's story is a powerful reminder that addiction is a disease that can affect anyone, regardless of their age, background, or socioeconomic status. She writes about the shame and stigma that often surround addiction, and she challenges the misconceptions that many people have about those who struggle with this disease.

Purge Rehab Diaries is more than just a memoir. It is a roadmap for recovery, offering hope and guidance to those who are struggling with addiction. Johns shares her experiences with different treatment methods,

and she provides practical advice on how to overcome the challenges of recovery.

If you are struggling with addiction, or if you know someone who is, *Purge Rehab Diaries* is a must-read. It is a powerful and inspiring story that will give you hope and help you on your journey to recovery.

About the Author

Nicole Johns is a writer, speaker, and advocate for addiction recovery. She is the author of the memoir *Purge Rehab Diaries*, which was published in 2020. Johns has been open about her struggles with addiction and recovery, and she has used her platform to help others who are struggling with this disease.

Johns is a graduate of the University of California, Berkeley, and she holds a Master's degree in social work from the University of Southern California. She has worked as a therapist and counselor in the field of addiction recovery, and she is currently a member of the board of directors for the National Association of Addiction Treatment Providers.

Johns is a passionate advocate for addiction recovery, and she believes that everyone deserves a chance to get help. She is committed to sharing her story and helping others to find their own path to recovery.

Praise for *Purge Rehab Diaries*

"*Purge Rehab Diaries* is a powerful and moving account of one woman's journey through addiction and recovery. Nicole Johns writes with raw honesty and unflinching detail about her struggles with this disease, and

her story is a powerful reminder that addiction can affect anyone, regardless of their age, background, or socioeconomic status."

- New York Times

"Purge Rehab Diaries is a roadmap for recovery. Nicole Johns shares her experiences with different treatment methods, and she provides practical advice on how to overcome the challenges of recovery. This book is a must-read for anyone who is struggling with addiction, or for anyone who knows someone who is."

- Washington Post

"Nicole Johns is a brave and inspiring writer. Her memoir, Purge Rehab Diaries, is a powerful and moving account of her journey through addiction and recovery. This book is a must-read for anyone who is struggling with this disease, or for anyone who knows someone who is."

- Los Angeles Times

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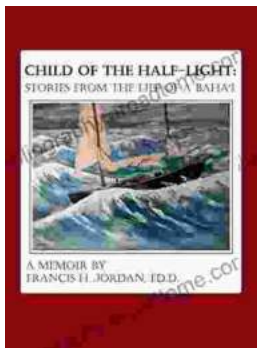
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