'chocolate Rehab,' A Forthcoming Book, Finally Takes Chocolate Addiction Seriously.

Carrie Eddins shares her secrets of overcoming her decade-long addiction to chocolate in her forthcoming book, called chocolate rehab; looking at the mental, emotional, nutritional, sexual, spiritual, energetic and lifestyle aspects of it.

May 27, 2008 - PRLog -- ‘Chocolate rehab,’ a forthcoming book that aims to help the most ‘socially acceptable,’ addicts in the world (chocoholics) finally take their addiction seriously and overcome it so as to indulge less in chocolate and more in their lives.

Life Coach Carrie Eddins shares her secrets of overcoming her decade-long addiction to chocolate in her soon-to-be-released book called ‘chocolate rehab.’

Worcestershire, England, Uk, Carrie Eddins openly discusses her serial addiction of over a decade in her book ‘Chocolate Rehab,’ after checking herself into her own ‘chocolate rehab,’ clinic in early 2004, after being fed up with not being able to overcome her addiction, she finally took it seriously and began her research.

Carrie looked deeply into this socially-acceptable addiction, on a mental, emotional, nutritional, lifestyle, sexual, energetic and spiritual level, as her addiction had often been laughed off by many, which however had nearly eaten away her spirit! In so doing, what Carrie discovered was just how deep her addiction went, from being a child of divorced parents, to having seriously low self-esteem and in fact hating herself and hating men, and not even considering how she could be attractive to them nor even considering herself to be remotely intelligent, hence she devoured more chocolate and more CHOCOLATE!

This perpetual, often daily consumption of chocolate kept her depressed, lonely, and very fed up, until she decided to finally take her addiction seriously once and for all, which is the message of her book, that addiction to chocolate is not taken very seriously as it is so socially-acceptable, hence the title.

Her journey led her to facing up and letting go of her parent’s divorce, and the pain she had felt from it, to learning to become her own best friend as opposed to her own worst enemy, to having colonics and see how she could balance her body out nutritionally, to starting to view men in a much healthier and more balanced way. She also looked at other options of having that ‘orgasmic feel’ of a chocolate bar, to really looking at what she really wanted out of life and how she could contribute her gifts to the world. Essentially, Carrie in her own ‘Chocolate rehab,’ clinic looked at her addiction to chocolate on a mental, emotional, nutritional, sexual, energetic, lifestyle, and spiritual level, which eventually once those aspects of her life were balanced, proved to provide her with her successful outcome of finally overcoming her addiction, after nearly three and half years of research.

In her book, ‘Chocolate Rehab,’ Carrie writes about some of the touching, poignant and often embarrassingly honest aspects of her journey in an effort to really see how she could help to inspire other women to do the same, to take their addiction to chocolate seriously so as to learn how to indulge less in chocolate and more in life! * The book is aimed at women, but some male choc addicts might like it too.

About Carrie Eddins:

Carrie Eddins is based in the UK, is an author, speaker, coach and entrepreneur, aimed at helping female chocoholics (mostly!) to indulge less in chocolate and more in their lives. She is currently organising coaching, and seminars around the world in tandem with her forthcoming book launch.

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