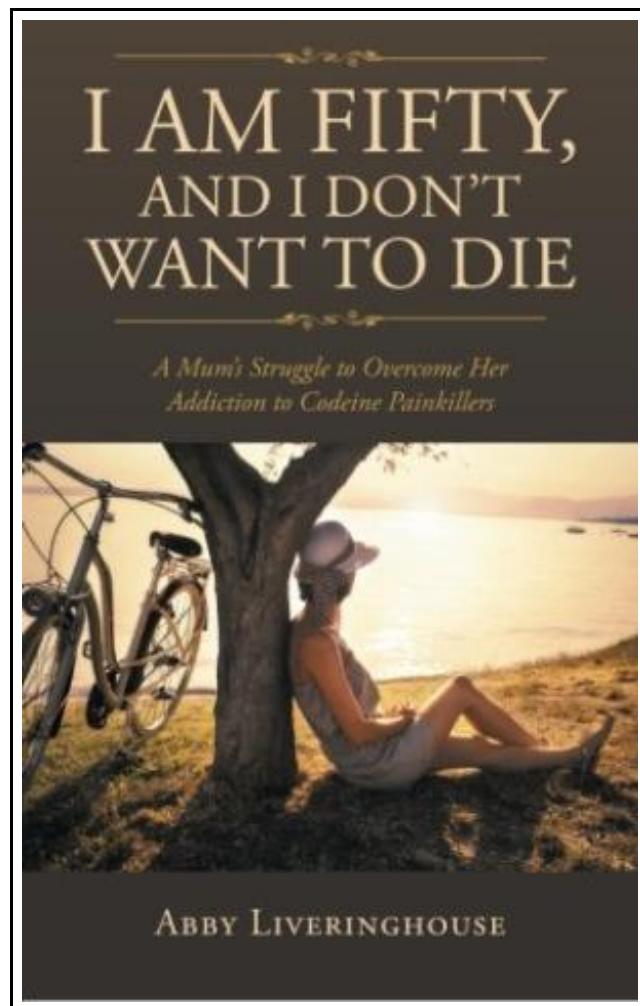


## **I Am Fifty, and I Don t Want to Die: A Mum s Struggle to Overcome Her Addiction to Codeine Painkillers (Paperback)**



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*This ebook is very gripping and fascinating. It is among the most awesome ebook i have go through. I found out this publication from my i and dad advised this ebook to understand.  
(Olen Shields PhD)*

## I AM FIFTY, AND I DON T WANT TO DIE: A MUM S STRUGGLE TO OVERCOME HER ADDICTION TO CODEINE PAINKILLERS (PAPERBACK)

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Balboa Press Australia, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Everyone is aware of the damage caused by illegal drugs like cocaine, ice, or heroin. But not many people know that a staggering number of ordinary men and women are in the throes of a terrible addiction to seemingly harmless pain tablets. In I Am Fifty, and I Don t Want to Die, author Abby Liveringhouse, a fifty-year-old mother and enrolled nurse, tells how she became hooked on over-the-counter codeine painkillers. Desperate to get better, she began writing a diary to help her beat her addiction. Her secret habit began insidiously almost a decade ago when she started taking this medication for pain and stress and to help her cope with fatigue during night shifts. She became hooked on these innocent-looking tablets because she didn t realize how addictive they were. By sharing her experience, Liveringhouse hopes to help other people in the same predicament. Relating her numerous attempts to overcome the addiction I Am Fifty, and I Don t Want to Die offers insight into the mind of an ordinary mom who became addicted without knowing it.

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