

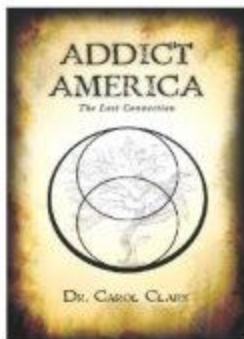
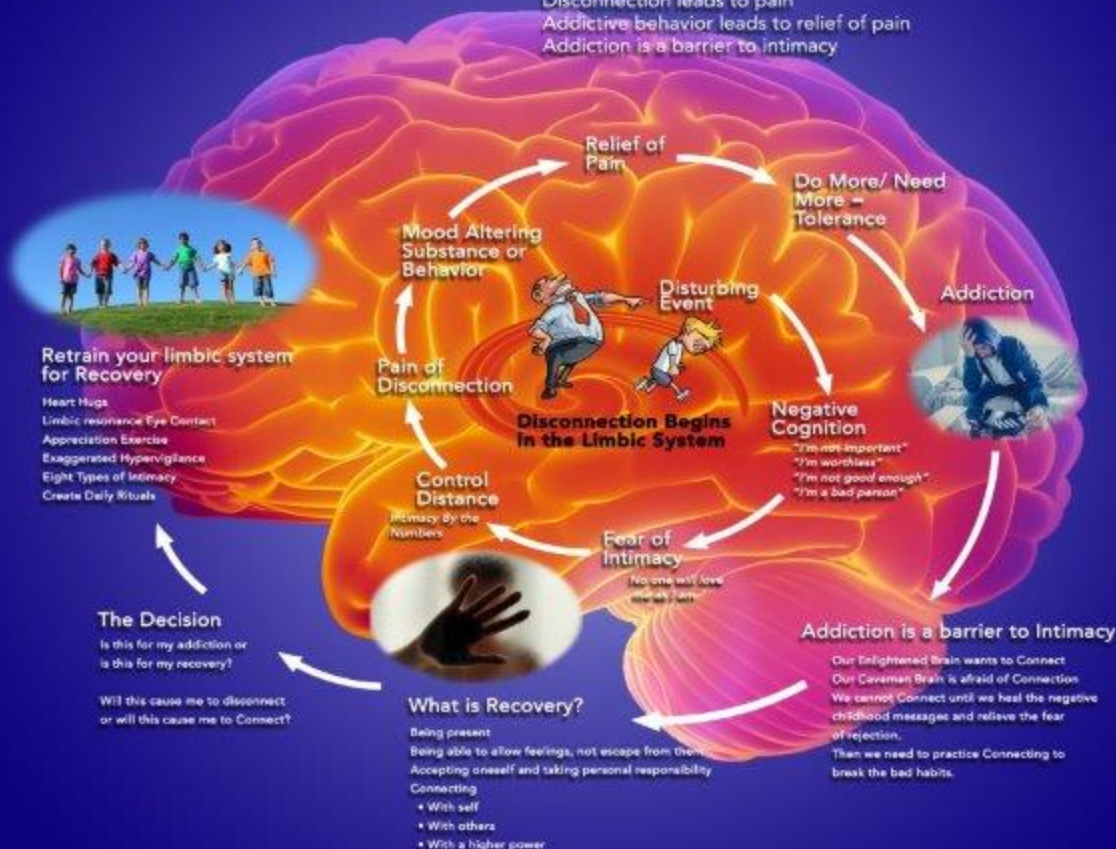
# Intimacy & Connection in Recovery

Dr. Carol Clark :: Addict America - The Lost Connection :: 305-891-1827 :: Counselor@drcarolclark.com :: AddictAmerica.net

## What Is Intimacy?

## Childhood Messages Create a Barrier to Intimacy

Fear of rejection leads to disconnection  
 Disconnection leads to pain  
 Addictive behavior leads to relief of pain  
 Addiction is a barrier to intimacy



As Dr. Clark conceptualizes in her book, *Addict America: The Lost Connection*, addiction is an umbrella concept that encompasses not only drugs or alcohol, but our behaviors related to sex, gambling, technology and anger.

Dr. Clark's book describes and defines how addiction affects our brains and illustrates the process of disconnection from our families, friends and coworkers. The Addictions counselor offers a blueprint for people to learn to Connect with a capital "C" in order to live a more fulfilling and intimate life.

"Addict America: the Lost Connection" provides the skills that will empower individuals to make great changes. This book is intended for activists, teachers, politicians and parents-and for all of us who desire a stronger Connection to those we love.

Visit [www.AddictAmerica.net](http://www.AddictAmerica.net)  
 or find the book on Amazon today!

