

How an Alcoholic and Addict Used Running to Battle His Addiction and How You Can Too



Running Without The Devil: How an alcoholic and addict used running to battle his addiction and how you can too. by Henry Ward

★★★★☆ 4 out of 5

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I'm an alcoholic and addict. I've been in recovery for 10 years, and running has been a major part of my recovery journey. Running has helped me to stay sober, to manage my cravings, and to improve my overall physical and mental health.

I started running when I was in treatment for addiction. I was overweight and out of shape, and I was looking for a way to get healthy. I started running for just a few minutes each day, and gradually increased my distance and intensity over time.

Running was a challenge at first, but I stuck with it. I found that running helped me to clear my head, to reduce my stress, and to improve my

mood. Running also gave me a sense of accomplishment, and it helped me to build my self-esteem.

As I continued to run, I found that my cravings for alcohol and drugs decreased. Running gave me a natural high, and it helped me to focus on something other than my addiction. Running also helped me to build a support system of other runners, and this support has been invaluable in my recovery.

I'm not saying that running is a cure for addiction. But I believe that running can be a powerful tool in the fight against addiction. Running can help you to stay sober, to manage your cravings, and to improve your overall physical and mental health.

If you're an alcoholic or addict, I encourage you to give running a try. It could be the best thing you ever do for your recovery.

Here are some tips for getting started with running if you're an alcoholic or addict:

- Start slowly and gradually increase your distance and intensity over time.
- Find a running buddy or group to support you.
- Set realistic goals and don't get discouraged if you don't reach them right away.
- Listen to your body and take breaks when you need them.
- Reward yourself for your accomplishments.

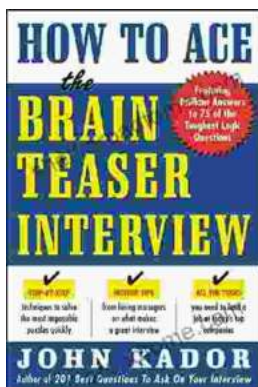
Running can be a challenging but rewarding experience. If you're willing to put in the effort, running can help you to overcome your addiction and to live a healthier and more fulfilling life.



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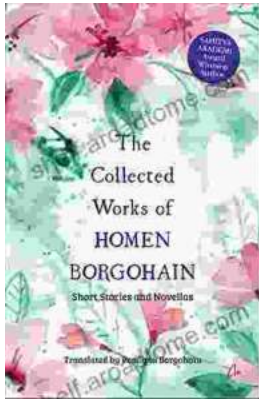
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