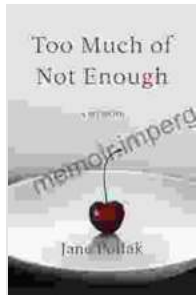


Too Much of Not Enough Memoir: An Unflinching Look at Addiction, Recovery, and the Power of Truth



Too Much of Not Enough: A Memoir by Jane Pollak

★★★★☆ 4.5 out of 5

Language : English
File size : 2232 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 297 pages
Screen Reader : Supported



In her raw and honest memoir, *Too Much of Not Enough*, author Carolyn Alise candidly shares her unflinching journey through addiction, recovery, and the transformative power of facing the truth. From the highs of her early career in the music industry to the depths of her addiction, Carolyn lays bare the struggles and triumphs she encountered along the way.

A Gripping and Inspiring Story of Addiction and Recovery

Too Much of Not Enough is a gripping and inspiring memoir that offers hope and encouragement to anyone grappling with addiction or life's challenges. Carolyn's story is a reminder that even in the darkest of times, there is always hope for redemption and healing.

Carolyn Alise's Unflinching Honesty

Carolyn Alise's unflinching honesty is one of the most striking things about her memoir. She doesn't shy away from the darkest moments of her addiction, and she doesn't sugarcoat the challenges she faced in recovery. Her raw and honest account of her journey is both heartbreaking and inspiring.

The Power of Truth

One of the most important themes in *Too Much of Not Enough* is the power of truth. Carolyn believes that facing the truth about our addiction and our lives is essential for recovery and healing. She writes, "The truth will set you free, but first it will make you miserable." However, she also believes that the pain of facing the truth is worth it, because it is the only way to achieve lasting recovery and freedom.

A Must-Read for Anyone Struggling with Addiction

Too Much of Not Enough is a must-read for anyone struggling with addiction or life's challenges. Carolyn Alise's story is a powerful reminder that there is always hope, even in the darkest of times. Her unflinching honesty and her unwavering belief in the power of truth will inspire you to face your own challenges and to find your own path to recovery and healing.

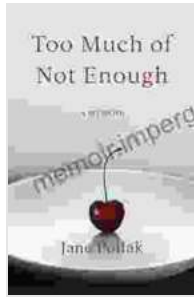
Free Download your copy of *Too Much of Not Enough* today and start your journey to recovery and freedom.

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