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You Can Trust Me-Im a Doctor A Physicians Story of Addiction and Recovery

By A. C. Gross MD

iUniverse.com. Hardcover. Book Condition: New. Hardcover. 146 pages. Dimensions: 8.6in. x 5.5in. x 0.5in. A lifelong pattern of use and abuse finally caught up with Dr. A. C. Gross when she was forty-three years old. She had been using drugs and alcohol to fix herself for as long as she could remember. Now, in *You Can Trust Me-Im a Doctor*, Gross shares the story of her addiction and her journey to recovery. In this memoir, she describes growing up in a respectable, middle-class, Californian household where she was introduced to alcohol at a young age. She had her first taste of alcohol at age nine and first experienced being drunk at age fourteen. During her twenties, Gross tells how she continued to drink and experiment with drugs despite her rigorous studies. With her compulsive personality, excessive drinking and reckless use of pills became a constant part of everyday life. In 2004, with her physicians career in jeopardy and her family life unraveling, Gross was forced to seek help. Recovery was her next step, but it was not easy. She narrates how it took her nearly ten months to realize that recovery involved surrender of the old self to the will of...



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