



My Marriage Through Recovery

Kara Alberico

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My Marriage Through Recovery Kara Alberico

Hello, my name is Kara and I am a recovering insane wife of an addict and I am here to use the experience of addiction in my life to help you get through yours, with your marriage intact. Peace. Sanity. Joy. What do these words mean to a woman living life as the spouse of an addict? The words themselves sound angelic almost heavenly, yet they seem so unattainable to me. At least they used to. It took a lot of time, a lot of struggles, and a step by step journey to help me define these words and apply them to my life. Today, I am able to catch sanity. I can hold Peace. And I can feel Joy in all circumstances. Not that I always do, but they are no longer unattainable undefinable words. My husband might not always be sober, but now I am okay even when he is not. I have turned my constant need to fix him into a determined desire to fix my own thoughts, words, and actions that block my ability to live with God's Peace, Sanity, and Joy. Philippians 4:11-13 "11. Not that I speak from want, for I have learned to be content in whatever circumstances I am. 12. I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need. 13. I can do all things through Him who strengthens me." Peace, joy, and sanity may seem unattainable during the trials, but YOU ARE NOT ALONE. THERE IS HOPE! I am telling you right now that if even one word that I write in this book helps you begin to heal, then all of it every single pain, hurt, killer disappointment is WORTH IT, I can be called Blessed for my life has meaning to use my pain, suffering and healing to help you.

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