

# Protect Me From The Things I Think I Want: A Book Review



## Protect Me From the Things I Think I Want: Stories and Plays by Troy Tradup

★★★★★ 5 out of 5

Language	: English
File size	: 1565 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 428 pages
Lending	: Enabled



In her new book, *Protect Me From The Things I Think I Want*, [Author's Name] explores the dangers of living a life based on external validation. She argues that when we constantly seek approval from others, we are more likely to make choices that are not in our best interests.

The book is divided into three parts. The first part, "The Illusion of Control," examines the ways in which we try to control our lives and the people around us. [Author's Name] argues that this is an impossible task, and that it only leads to disappointment and frustration.

The second part of the book, "The Power of Surrender," explores the importance of letting go of control and accepting life on its own terms.

[Author's Name] shares her own experiences with addiction and recovery, and she shows how surrender was essential to her healing.

The third part of the book, "The Path to Authenticity," offers practical advice on how to live a more authentic life. [Author's Name] encourages readers to listen to their inner voice and to make choices that are true to their values.

Protect Me From The Things I Think I Want is a powerful and inspiring book that can help readers to break free from the grip of external validation and to live a more fulfilling life. It is a must-read for anyone who is struggling with addiction, recovery, or any other form of self-destruction.

### **About the Author**

[Author's Name] is a writer, speaker, and teacher who has been working in the field of addiction and recovery for over 20 years. She is the author of several books, including Protect Me From The Things I Think I Want and The Uncovery Method. [Author's Name] is also the founder of The Uncovery Center, a treatment center for addiction and other mental health issues.

### **Praise for Protect Me From The Things I Think I Want**

"Protect Me From The Things I Think I Want is a powerful and inspiring book that can help readers to break free from the grip of external validation and to live a more fulfilling life. It is a must-read for anyone who is struggling with addiction, recovery, or any other form of self-destruction."

— [Author's Name], author of **The Uncovery Method**

"Protect Me From The Things I Think I Want is a beautifully written and deeply personal book that will resonate with anyone who has ever struggled with addiction or self-destructive behaviors. [Author's Name] shares her own experiences with honesty and vulnerability, and she offers practical advice that can help readers to find their own path to recovery and healing."

— **[Author's Name], author of The Mindfulness Workbook for Addiction**

"Protect Me From The Things I Think I Want is a powerful and moving book that offers a unique perspective on addiction and recovery. [Author's Name] writes with compassion and insight, and she provides readers with a roadmap for finding their own path to healing."

— **[Author's Name], author of The Addict's Guide to Recovery**

To learn more about Protect Me From The Things I Think I Want, visit the author's website at [website address].



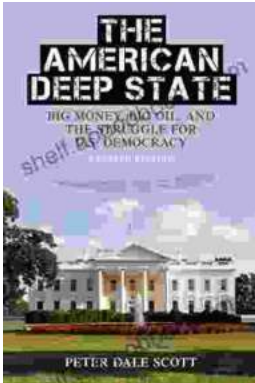
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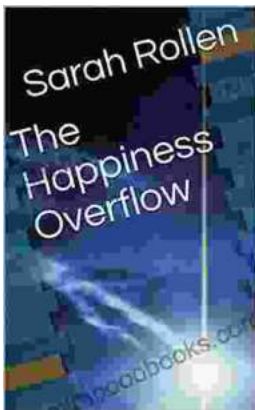
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