



Professor of Pain: A Lesson Before Living

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Do you like hot fudge sundaes? Professor of Pain is not as sweet as a sundae, but it has all the contrast of hot fudge and cold ice cream, not mixed together but in layers of thoughts contemplated, feelings, and questions, many questions. This book helps navigate the maze of life in four seemingly disparate topics: Terror of Addiction; Choose to Change, Choose to Heal; and Choose to Believe.

Everyone has some unhealed hurt, shame, guilt trips, areas of tenderness of chaos and pain all needing the warm glow of healing. Learning to live happy and successful lives, much is required...lessons before living. Find serenity through the hard teacher of addiction and codependency where pain is the price of wisdom. Professor of Pain is a life-lesson book punctuated by poetry. It is about letting go and let love and honor to become the guiding force. Until you hug the Professor and accept life as it is – not as you want it to be – discontentment will be your constant companion.

Those who enjoy the benefits of introspection, especially people in AA, NA, Al-Anon and other 12 step programs will gain many bits of life's mysteries taught by the Professor of Pain.

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