



# My Own Worst Enemy: A Memoir of Addiction

*Ronnie Steele*

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## **My Own Worst Enemy: A Memoir of Addiction** Ronnie Steele

Addiction is a gripping disease to which one can either succumb or overcome. Here is the story of a man who has done both with equal passion and despair. Join him on a journey as he finds himself lost in the deepest throes of substance abuse and later scaling the mountain that is recovery. My Own Worst Enemy offers a harrowing look at the very face of drug and alcohol addiction and the glory that accompanies one addict's vindication. Ronnie shares with the reader his most intimate trials and victories, from a childhood of abuse to the birth of his first child. At once painful and beautiful, his story is a testament to the strength and enlightenment that comes with sobriety and gives hope to those still struggling that they, too, can find freedom from addiction.

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