

JASON WITTMAN, MPS, LAADC, CATC-IV

Pioneer Addictions Professional ~ Pioneer Life & Sober Coach

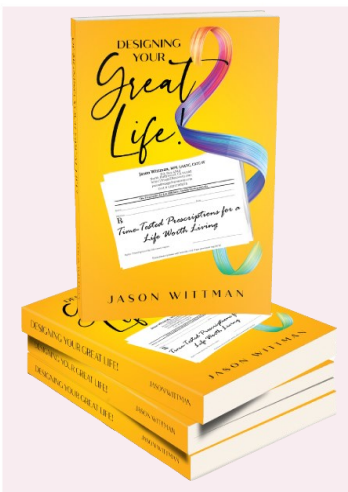


I have over 40 years of coaching and counseling professionals and others, who are recovering from addictions, to work and live their lives at their exquisite best. I specialize in the enhancement of self-esteem/love, without which all addictions, Imposter Syndrome, and lousy relationships flourish. My latest book, that compiles lots of my most successful suggestions, is "Designing Your Great Life! ~ Time- Tested Prescriptions for a Life Worth Living". I also publish a Substack newsletter, "Prescriptions for a Life Worth Livin" and a podcast, "Speaking of Recovery," discussions with recovery thought leaders.

Most HOT Media Topics:

- 3 Game Changing Ways to Rethink Recovery from Addictions - and One Thing to Guarantee a Relapse !
- The Root Cause of All Addictions
- What's Really Going on with Imposter Syndrome and How to End It.

My book is the result of having worked with a wide variety of clients, from city mayors and corporate execs to teens living on their own and hustling on the streets. Over these past 45+ years, I have been able to figure out what therapeutic techniques and social philosophies actually work in real life and



not just as conjured up theoretically by some university researchers. I am an early adopter of just about everything including new ideas on improving one's life. I am also an early discarder of methodologies that are great hype and of little use. T

here are just so many different problems that clients may have in life and an equally effective and practical set of remedies and solutions. Over the years I have kept track of those recurring problems and my suggested solutions. This book is a compilation of those teachings, solutions, and philosophies that tested over time, have shown the greatest positive results

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