

JASON WITTMAN, MPS, LAADC, CATC-IV

Pioneer Addictions Professional ~ Pioneer Life & Sober Coach

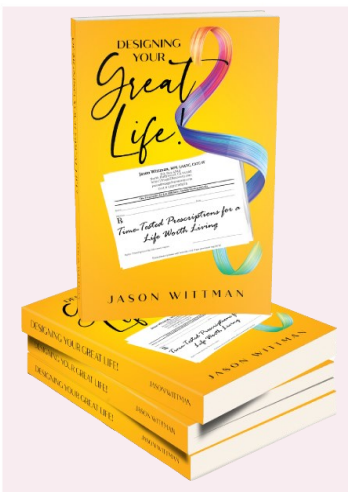


I have over 40 years of coaching and counseling professionals and others, who are recovering from addictions, to work and live their lives at their exquisite best. I specialize in the enhancement of self-esteem/love, without which all addictions, Imposter Syndrome, and lousy relationships flourish. My 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.

There 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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Podcast Links:

Jason on Life: <https://p4agl.com>

Recovery Conversations:

<https://speakingofrecovery.com>