

FOR IMMEDIATE RELEASE

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STRUGGLING WITH MARIJUANA ADDICTION? YOU'RE NOT ALONE

Detroit, MI – Brian A. Matthews, a Detroit native, recently released his debut book entitled “I Stopped Smoking Marijuana and Cigarettes: Now What?”

In his revealing debut book, Brian A. Matthews chronicles his struggle with two addictions: marijuana and cigarettes. Inside, he shares his road to deliverance, as well as the challenges and setbacks he faced along the way.

Have you ever struggled with an addiction? Have you tried numerous times to quit? Sharing the transparency of his struggle, author Brian A. Matthews chronicles his multiple attempts at battling his addiction to marijuana and cigarettes. You may laugh. You may cry, but in the end, you will know that you too can overcome. If you are dealing with challenges, questioning God, or having feelings of doubt with overcoming an addiction, allow this book to give you hope for a better life.

About the Author:

A moving conversationalist with a compelling story to tell, Brian A. Matthews inspires people in the midst of life's toughest challenges. Working through and rising out of the grips of poverty on the rough streets of Detroit, Brian draws on his captivating life story to change the narrative on inner-city culture.

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To contact the author for an interview, call 313-685-7471 or email info@clairealdin.com

BOOK ANNOUNCEMENT

Author Reveals the Struggle with Addiction



**I Stopped Smoking
Marijuana & Cigarettes:
Now What?!**
by Brian A. Matthews

Release date: August 2017

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Sample Interview

1. **When did you first realize that you wanted to be a writer?** *I first realized I wanted to be a writer two years ago. I realized that I have stories to tell that will help other people. They need to see that change is possible regardless what they are going through at the present time.*
2. **Where do you get your information or ideas for your books?** *The information in my books comes from my life experiences. Being around others who have been through similar things reminds me of the value of my experiences. My wife is also my inspiration because she is an author.*
3. **What do you like to do when you're not writing?** *I like to read, catch up on sports, and enjoy time with the wife and kids.*
4. **What was one of the most surprising things you learned in creating your book?** *The most surprising thing was that I was able to finish my first book. When I started this journey, I really wasn't convinced that I would ever finish. Having a book coach definitely helped with that. Holding my published book in my hands was a very exciting accomplishment.*
5. **What was the hardest part of writing your book?** *The hardest part was getting started. The next hard part was staying focused. That's where coaching really kept me going. At first, it was seeing the book cover. Next, it was reading through the completed manuscript. Writing is definitely a process, and I could not have finished it on my own.*
6. **What is the message that you want to resonate with your readers?** *The message is "regardless what you're going through, when you believe in the power of Jesus, you can make it through".*