

Claim Your Beautiful Life Copy

The Complete Guide to KILL Every Addiction

d.e. mead



THE DRLIK PRESS
BRINGING WORDS TO LIFE

Synopsis

‘Claim Your Beautiful Life’ is a compact, comprehensive tool to KILL the DEADLIEST disease on Earth. Chemical and Behavioral Addictions and the accidents linked to these claim so many lives each year. Every person is touched by this pandemic.

d.e. mead uses his 57 years of addiction experience, thousands of hours of addiction-related classes, and countless hours of personal research to unravel the cause of addiction AND the solution to KILL your addiction.

This precise and clearly written book gives readers the tools to fight addiction and lessons on how to use them so EVERY person can CLAIM their Beautiful Life.

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Dedication

I want to dedicate this book to my always amazing Big Brothers, John and Ray Drlik-Mead. Their belief in me and tireless help made this book possible. Without them, my dreams would remain just smoke in the wind. With their help, we are changing the World. Thanks Guys, you're AWESOME!

Important Notice

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Preface

I can help you.

I can help you.

I can help you.

These words mean something, and I wanted them to be the first word you read. I've loved and lost many, many friends who have never heard these words. I don't know if you're struggling with Addiction, clinging to the edge of the cliff by your fingernails, or are the loving warrior standing beside someone fighting Addiction. What I do know with 100% absolute certainty is that I can help you. I want you to let that reality sink in while I tell you a little about this book, and myself.

I was born an addict, or at least with a very, very high probability of becoming one. I spent my life dealing with it and studying it. What I found over the last 57 years is contained in this book. A lifetime of learning. Most of the time the hard way, sometimes through others, and a lot through books written by psychotherapists, psychologists, medical doctors, doctors of neurobiology, and doctors of social services. Therapists of every kind, and the front-line warriors that have fought this disease firsthand. Moms and Dads who have lost their babies to drugs, and the world of chaos that surrounds them. People who have fought and won their battles with Addiction and have grown stronger for it.

I'm a natural teacher. Even when I was just a young boy I used to teach, all through school what I learned, I taught. If someone was struggling, I'd step up. I was sitting on my bunk sick with grief and anger when I finally decided to write this book. I've lived in a chronic Addiction facility for over 25 years, taken and taught thousands of hours of life skills classes, gotten two college degrees along the way, and listened a lot.

Over my 25 years in prison, I've met and talked to over 130,000 addicts. Most of the scientists I mentioned above would gloat if they could run a study with 500 people over a couple years. My prison number is 132300 and the last fish I met had a 260,000 number. It is true, I haven't met every single one of these men, but I've met most. Sadly, many of them over, and over, and over again. The recidivism rate for prison is close to 85%. Oddly this is almost exactly the same failure rate as pretty much every therapy on the streets. Sad beyond words, but true.

I've watched, listened to and learned what works and what doesn't. This is called a longitudinal study. A study over many years. I've used randomized control, by basically selecting people that randomly fell into my housing and use specific tools I've learned to teach them and create a prospective study. Dr. Carlton K Erickson says "the gold standard for clinical studies is (in most cases) randomized, controlled, trials, or RCT's. In general, prospective longitudinal control RCT's using large numbers of subjects are more valuable and valid then retrospective uncontrolled studies, or naturalistic studies." This is exactly what I've done for 25 years.

I got the idea for this from another amazing scientist named Jane Goodall. She's an ethologist. I'm not going to be using too many 'BIG' words. I've read neuroscientist books and gone NUTS thinking about people trying to understand half of what they are saying. These are brilliant, amazing women, and men dedicating their lives to cure Addiction, and I love them for it. It's just most of the time it feels like they are talking to their other scientist colleagues and not to me. I'm just an average guy, and like things laid out clear and simple. So that's the way I'm going to write this book; clear, simple, and easy to use and understand.

Ethologist study mankind and animals in their natural habitats, often by living among them. I don't know any scientists that would choose to live in prison to study vast numbers of people with Addictions, so I've done it for them. I know your lives are tough. Finding a few minutes of peace is difficult. Finding weeks, months, years to study this complex disease is nearly impossible for you, and I understand this. So, I dedicated my life to do the work for you and put all I've learned into this book. I've kept it short and to the

point to make it fast and easy to read, then concentrated many facts into the Appendices, so DON'T SKIP THEM.

I'm a social scientists, expert at life skills, yogi and now your friend. You have likely felt alone, often hopeless, and ready to give up. That's all behind you now. You're not alone. Please take a second to turn to page 158. We are the Army behind you. These are the amazing men and women I've mentioned. Each tirelessly working to find the answers you need. This is my reading list. Each book is a piece of this puzzle, and I put it all together for you.

This book is filled with tools to kill your Addiction, lessons so you'll understand how to use them, and knowledge of why the lesson is important. Doctors often feel the answers lie in medications. Therapists believe psychotherapy is the answer. The truth is it takes all of it. You can't build a house with a handful of nails and a hammer! It takes a lot of different tools, and a lot of nails to build a house. We're building you a new life, and it takes a lot of tools, "He who has his why to live for can bare almost any how." By Frederick Nietzsche.

There is power in those simple words. The 'why' you seek is a new, beautiful Addiction free life, and the 'how' is the book you now hold in your hand. The greatest scientists and doctors are on your side, and I am always going to be here for you. We'll take this journey together, you and I. Dr. Carlton K. Erickson said this, and I can't agree more. "There is no greater tool then experience!"

Welcome to the beginning of a new and beautiful life.

About the Author

Behind the Smile Biography

Most of you know exactly what I'm saying. We smile to hide the pain. I grew up in a wildly dysfunctional home. Great parents for the most part, who had NO CLUE how to raise children. My world was one long screaming match, with Mom usually losing and reduced to sobs. Pops was a MEAN Dry Drunk, and took this out on us ALOT.



I grew up before 'Child Abuse' was a thing. Beatings with belts, spoons, switches and anything else my folks could find was the norm.

Addiction came natural and easy as a means to escape and fit in, while erasing the pain. Being an introvert with minor Aspergers fueled my addictive personality even further, and helped me 'fit in.'

I lived two lives; the 'Good Kid' to avoid being beaten, and the 'Bad Boy' doing anything I could get away with. The few CLOSE friends I had were the kind of people you DON'T talk to at the party. We were the ones with our backs to the wall watching. Some of them I never even knew their real names.

All this led to Prison. Twenty-Six years of hard time etched on my soul. Dysfunction, Depression, and Addiction have been my WHOLE LIFE. I've met and befriended 1000's of people over the years that have lived my same life. I've learned priceless lessons from many, but sadly lost ALOT to suicide and overdosing along the way.

I wrote this book because the pain has got to END!!! I've spent 57 years living with and studying addiction, and this book is what I've learned. So, stay awhile, and learn from my mistakes and 'Claim Your Beautiful Life,' and/or help someone you love to claim theirs.

Always your loving friend, d.

Chapter 1

Tolerance

Tolerance is your body's ability to take in a substance without much physical effect. Imagine the bodybuilder who starts working out with 50 pounds. At first, it's heavy. Continued workouts develop muscle, so after a few weeks it's not heavy at all. So, of course they put on weight and soon enough their bet they're benching 60... 70... 80 pounds. That's conditioning, and its exactly how tolerance works.

Inside your brain you have chemicals called neurotransmitters. These are how your nerve cells communicate, and the key to Addiction. Every time you do anything that gets you high. Whether you're doing drugs, eating, watching porn, or jumping from an airplane, you're affecting these neurotransmitters. Most people have heard of dopamine and endorphins. These are two of many. Last count scientists have discovered eight and they're expecting to find more.

Where tolerance fits into this is every time you raise your neurotransmitter levels for prolonged periods. That becomes your new normal in your brain. Chemicals that do this are especially dangerous because they mimic these neurotransmitters. So, your brains tricked. One, it 'FEELS' like a lot of these neurotransmitters are available so it slowly shuts down its natural production of them. Then it fights to normalize itself, which is called homeostasis. I know I'm throwing out a few technical terms, but I'll keep it nice and clean. Homeostasis is just what is normal for your body. We've all heard the term 'too much of a good thing.' Well, your brain feels that way too. It really doesn't like being high. So, it fights to normalize.

This is where tolerance comes in. After a while of doing something scary. Say bungee jumping. You do that five, 10, 30 times then it feels normal. You take a hit a dope. Sure, the first times great, if you don't die. That's exactly true, because right from the start your

brain starts normalizing. Pretty soon you feel normal when you do drugs. The really bad thing is when you're not taking the drugs, you conditioned your brain not to produce these neurotransmitters, so you feel like total shit, these neurotransmitters are everywhere in your body. When you stub your toe, it's neurotransmitters that send signals through your nerves to your brain. Breathing, sex drive, hunger every single part of every feeling, and sensation is controlled by these. Now you suddenly take them away. WITHDRAWL.

You're feeling what they call dysphoria. Basically, that means you can't feel happy, excitement or any pleasure. Yeah, it totally sucks. So, you get dysphoria on top of all the aches, pains, cramps and nausea. You're in a world of pain and misery because all your neurotransmitters are low. This is why people relapse over and over. There is no way for a person that's never done drugs, to understand how dysphoria makes you feel. No way! So, you use again and feel normal.

Addicts don't use to feel the high, that's usually long gone. Addicts use to avoid the pain, and misery of dysphoria. This trap doesn't help either. People get depressed and chase the high they once felt, by doing more and more drugs. Sadly, all that's really happening is there digging a deeper hole to climb out of.

This all sounds bad, but I want you to think back to what I said about the weightlifting. Those 50 pounds feels like nothing after a few years of training and working out. Your brain is a muscle. The most advanced muscle and it's designed to adapt and evolve. There have been a lot of studies done on the brains of people with Addiction, and one thing that's been clearly discovered is they're stronger. Parts of the brain are thicker. There are new synaptic pathways, and more. Think about it. Anyone who's gone through Addiction has been putting their brains really through it. The brain's response is to grow tougher and more resilient, to defend itself. It's why people that have recovered from Addiction are kinder, more caring, more empathetic, more in touch with themselves and the world around them. They're like a person that's been freed from a prison camp. They appreciate all the joys life has to offer, just a bit more. This is why they make great counselors. No person would choose to put themselves through the hell of Addiction, but those that have, are very unique, and special. The deeper that hole, the tougher your brains become.

I want to cover a couple of points about tolerance, and a story from my past really illustrates one, so bear with me. I'm sitting out at a table, when the new guy roles in. He looks familiar, which is REALLY common when you've done a lot of time. He yells out 'DAVE!' and rushes over. I vaguely remember him from years before, then memories

slowly float back. He's an old buddy I played WAY too much cards with back in the day. Now BACK on a new 0 to 5. Time passes and we hang out some, but I'm in a new place, I read and study while he still wants to play cards and bullshit. Still, we talked some. All he can talk about is his girl and three-year-old son. How when he gets out, he's going to be the best father, EVER! He's still not sure if he's going to marry his girl or not, but he's thinking about it. I tell him all about what I'm studying, and he listens, but I'm a teacher. I know when my students are just zoning out. We still talk and he gets a short date to go home. Up to the day he left I'm telling him some of what I know, and he's 'TELLING' me he's never coming back.

Two weeks later he's dead. I learned from a friend he'd OD'd. Paul was 33 years old, a silly, goofy, caring guy that really wanted to raise his boy NOT the way he'd been raised. He told me his plans to teach him to play baseball. I still think of Paul, and he's one of the reasons I started writing this book. My hearts still crushed by his senseless death. Sadly, I know exactly how it happened. This happens A LOT!

So, if you get nothing else from this book PLEASE learn this lesson. Tolerance Fades FAST! (T.F.F.) Everyone is different. Age, weight, sex, types of drugs. When I say fast, I mean FAST! People that detox or come out of any kind of lock-down or therapy center, their tolerance is next to nothing. This is when most ODs occur. Relapse can kill! We all heard this. It's NOT the long road back into the Addiction so much as that first hit.

YOU CAN'T DO WHAT YOU ONCE DID. YOUR BODY HAS LOST ITS TOLERANCE AND YOU WILL DIE!

The statistics are tragic for people with Addiction who are paroling. Some studies say it's as high as 1/7 DIE! Guys like Paul, that just wanted a simple life and to teach their son baseball.

The second REAL danger with tolerance falls to peer pressure and the desire to belong. Dr. Brené Brown, a brilliant researcher, has this to say about belonging, "Belonging: Belonging is the innate human desire to be part of something larger than us. Because this yearning is so primal, we often try to acquire it by fitting in and by seeking approval, which are not only hollow substitutes for belonging, but often barriers to it. Because true belonging only happens when we present our authentic, imperfect selves to the world, our sense of belonging can never be greater than our level of self-acceptance." Now imagine a sweet child, just struggling to fit in. Unsure of who they are and driven by this primal human desire. Peer pressure can be brutal! Kids are shamed, pushed, ostracized, and bullied into fitting in. When they are offered drugs, they have little choices.

Tolerance is dangerous because their bullies have been doing drugs a while, so have high tolerance. A novice not understanding drugs and trying to fit in and be cool, will tell their peers/friends/bullies they've used before. Then they OD on their first time. With Fentanyl now being laced into drugs of all kinds to get people hooked faster, the odds of dying is CRAZY high.

Engage in your children's lives and protect them by preparing them. Building strong character and high self-esteem is a very good start. I'll be covering ways to protect our children in a second, but for now, love them. A child who feels loved is far less likely to need to seek approval from their peers.

You lose your tolerance every day you are off so even the person who hasn't been able to score for a few days is in DANGER! GO EASY! T.F.F. Shout it if you have too! The reason I put those letters (T.F.F.) after 'Tolerance Fades Fast' is because people remember acronyms much easier than whole phrases. Say it a few times, write it down, and remember it. It might just save your life.

Also by

I love that you made it this far. If you enjoyed my book and think others might too, could you please post about it so they can enjoy it too.

Thanks, you're awesome. Always your loving friend.

A Life Worth Livin'

Claim Your Beautiful Life – Nonfiction

Future Books by d. e. mead:

Nest of Bones – Fiction

Air Empire - Fiction

Born Out – Fiction

Crystal Crown – Fiction, Fantasy

Acknowledgement

In my last book I mentioned every person who's helped shape my life. In this acknowledgement I'd like to honor the specific people that have given me the wisdom I've used to create this book. Without their teachings this book would not exist, nor would I be the man I am today.

Warnock is the toughest life-skills teacher I've ever had. He holds you accountable for your past and your future. Never slacking when you try to slip by. His dedication to all his students made a difference in my life. Thanks Warnock.

All my peers who have taught me endless lessons through their own experiences, and far too often tragic lives. Shawn, Bags, Tim, Jay, Al, Tracy, Paul, Chris and 100,000 others, thanks guys for your wisdom and friendship.

Especially, my Amazing Mentors. There are far too many to list, but I need to thank the great ones who shape, and re-shape my life every day. Author Brené Brown, my first mentor through her books gave me knowledge and the drive to step into the ring. I'm "All In" Brené and will fight as long as it takes to make the world a better place for everyone. You give the whole world a calm, caring, teacher to rely on, and I for one have been forever touched by your wise words. Thank you so very much.

All my caring, fantastic mentors at 'My Story Matters.' Amy Chandler is the most powerful force for good I've ever met. She changes the world with every lesson she teaches, and word she speaks on behalf of a world with very little voice. Thanks Amy, you changed my life and countless others. You're AWESOME!

All her friends at 'My Story Matters' that help her teach and create new spaces we can learn and grow in.

Author Mark Hugentobler, Author Natalyn Lewis, Joshua Penrod, Portia Louder, Bobby and Malisa. I spell Malisa's name differently every time I write it, but you know exactly who you are, as do all of you. You're the ones who have dedicated your lives to

making the world, my world, infinitely better. Your lessons shape the lives of so many. Thank you so very much.

Finally, I'd like to thank a mentor, my 'Voice of Reason' that has not only taught me wisdom I never knew existed, but how to share it without making people think I was stuffing it down their throats. She's supported my vision as it grew into my purpose, and still supports my every step whether it's a step back or forwards. Tammy is a key part of 'My Story Matters.' Teacher, manager, Mentor and 'Voice of Reason' when our worlds seem beyond control. Thank you, Tammy, for your dedication, support and kind wisdom. You truly are AMAZING!

Kia Kaha