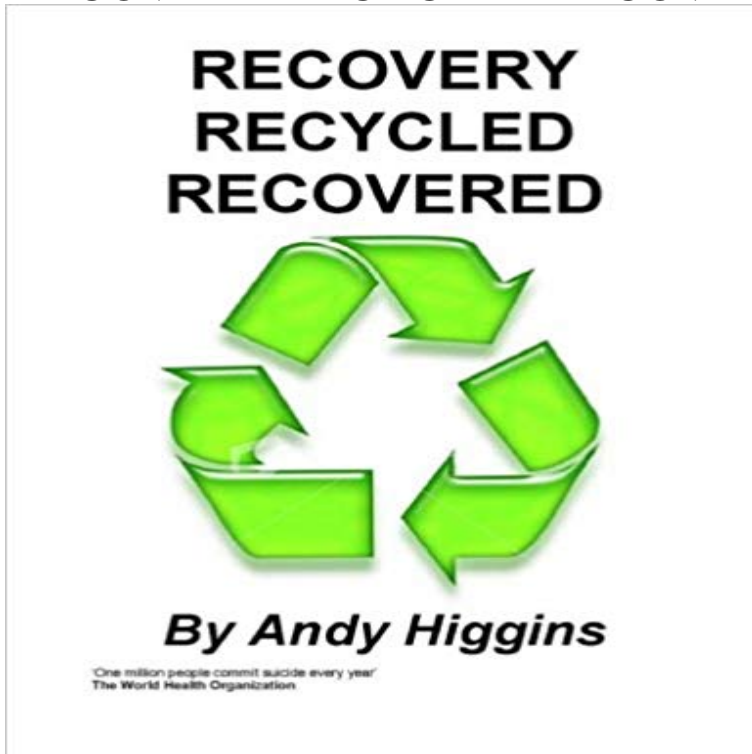


RECOVERY RECYCLED RECOVERED



Description Inside the pages of this book are poems and observations that now fill Andys head. As he says now that reality has returned, lots of regrets and if onlys but all of them the truth. About the Author Andy has struggled with drug addiction for more than thirty years. The father of two lovely daughters has finally overcome the scourge of addiction. Born in Sheffield in 1954, the oldest of five children. Andy moved with his parents Dorothy and Bernard Higgins and four brothers and sisters to Swinton, near Rotherham. Here he attended the local school. In 1969, Andy started an apprenticeship with a local woodworking company. At the same time Andy and his friends found and entered the world of drugs, which quickly resulted in Andy serving a three and a half year prison sentence. The sentence was for selling class A drugs. Shortly after his release from prison Andy met and married his wife of twenty-four years, Judith. But drugs were still to plague Andys life. In and out of various jobs in the steel industry. Drugs finally ended twenty-four years of marriage and Andy become more dependant on hard drugs, and a heroin addiction followed. Two years ago Andy finally decided enough was enough and that it was really time to sort his life out, in Andys words it was a bloody nightmare to come off drugs but it had to be done. With the help of a rehab unit called New Beginnings, various drug counsellors, and his family Andy finally escaped the clutches of his addiction. Inside the pages of this book are poems and observations that now fill Andys head. As he says now that reality has returned, lots of regrets and if onlys but all of them the truth.

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