



# **You Gotta Love 'Em: What I've Discovered from Working with Addiction at Arizona Pathways Residential Treatment Center**

*Ellen Gardner*

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In this book is found the precious secret that no matter what happens to an individual, there is always hope that a healing can occur. Ellen Gardner has captured the essence of that hope in her service to those who could not have imagined a life after addiction. And in her own words, "you got-a-love them" is disclosed the secret of that hope. -Dr. Hilda Villaverde, author, business owner My addiction was extreme and damaging. Ellen Gardner guided me out of the fog without the force or structured practices used in modern day rehabilitation. It was this self-empowerment she showed me-something I had inside but was never aware of-that sent me and others in a positive and productive direction. I consider myself a success story for Ellen's portfolio. I have nothing but love, respect and gratitude for everything she does. -Byron Carrick, Arizona Pathways graduate, business owner Ellen Gardner saved my life. I was one of the hard cases at Pathways. She sent me to the detox center. Four days later, my father died. She helped me to stay strong. She had confidence in me and gave me the tools to accept life, forgive myself and to remember who I am. This book tells it like it is-there is hope for anyone who is addicted. I am now a college student and a homeowner and I hope to follow in Ellen's footsteps-to help others like she helped me. -Mary Jane Hensley, Arizona Pathways graduate, student What I saw my brother experience at Arizona Pathways was not a cure, but a healing. He reconnected to his spiritual self after many years of separation, and that helped him, me and the rest of our family. A lifetime of habits didn't disappear overnight, but now he has a practice that will accompany him for the rest of his life. -Marie Jones, sister of an Arizona Pathways graduate

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