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## The Best Revenge

*Sandra M. Parsons*

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**Sandra M. Parsons : The Best Revenge** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Best Revenge:

This is a self-help book and is the story of my life, how I changed my behaviors and choose to find the authentic me. In this work I have shared my progress throughout my life by integrating the Twelve Steps of Al-Anon Family Goups and Alcoholic Anonymous into my mind and soul. My objective in writing this book is to provide a tool for readers.

When we become aware of the need for change we begin to open ourselves up to the truth about ourselves. We come to learn as well that behavior is learned and can be changed. Anyone who is ready to be honest with themselves can learn the Art of Change. Throughout "The Best Revenge" I have shared examples of what tools and techniques I chose such as in becoming aware of my thoughts, feeling and ultimately my behavior and embracing the gift of willingness to change. I believe readers will become more educated in other techniques as well. I believe my audience is for addiction as well as mental health. I have worked as a professional in both arenas and in my heart and soul I know this book will be helpful to counselors and social workers as well as clients. I also profess this book is needed in the marketplace because it is a tool for teaching that might provide the counselors and client with insight into their issues. We all need to just be ready to change. "The Best Revenge" is vulnerable, hopeful, faithful and honest.