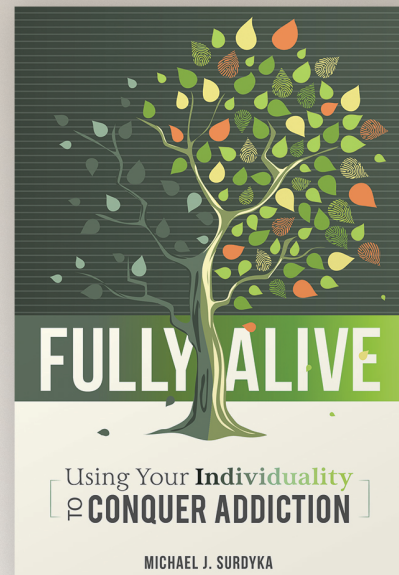


Media Contact  
**MICHAEL J. SURDYKA**

For Immediate Release

# Michael J. Surdyka Releases A New Book: ***Fully Alive: Using Your Individuality to Conquer Addiction***



*Fully Alive: Using Your Individuality to Conquer Addiction is an action-guide to sustaining healthy and fulfilling sobriety.*

*It's packed full of color infographics, self-diagnosis worksheets, and the revolutionary Sobriety Blueprint which maps out your bright future in a realistic, straightforward, and easy-to-understand way. Moreover, the Blueprint is based on the most important part of your recovery—YOU*

*By focusing intently on your unique personality, likes, dislikes, talents, and interests, particularly when devising your Sobriety Blueprint, your recovery becomes an extension of who you are as a person, and thus more natural and easier to maintain.*

*Also included are practical strategies, techniques, and real-life personal experiences from others who have overcome their addictions. The step-by-step instructions outlined in this guide will equip you with the arsenal of tools you need to create a rock-solid recovery foundation that can withstand the constant barrage of cravings, urges, and triggers experienced during the first year of sobriety.*

## **Book Details**

Title: *Fully Alive: Using Your Individuality to Conquer Addiction*

Author: Michael J. Surdyka

Publisher: KDP

Publication Date: February 28, 2021

Page Count: 184

ISBN: 978-1-7338109-0-6

Format: Full-Color Matte Paperback/Price: \$26.99

ISBN: 978-1-7338109-2-0

Format: B&W Matte Paperback/Price: \$14.99

ISBN: 978-1-7338109-1-3

Format: Full-Color Ebook/Price: \$4.99

## **Interview and Review Copy Requests**

Michael Surdyka

[fullyalivebook@gmail.com](mailto:fullyalivebook@gmail.com)

850.974.9387

[fullyaliveactionguide.com](http://fullyaliveactionguide.com)