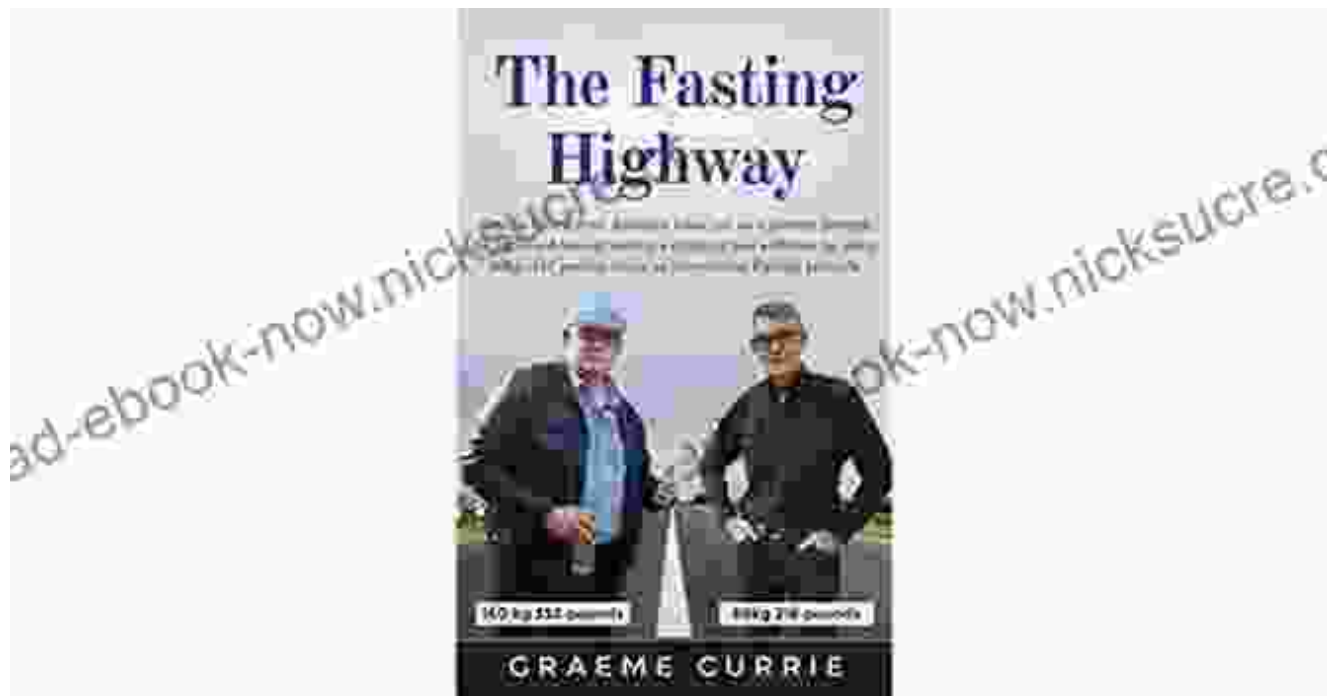


Graeme Currie Takes You On a Journey Through the Highs and Lows of Beating



The Fasting Highway: Graeme Currie takes you on a journey through the highs and lows of beating a crippling food addiction by losing 60kg (132 pounds) living an Intermittent Fasting Lifestyle by Graeme Currie

★★★★☆ 4.6 out of 5

Language : English
File size : 8035 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 172 pages
Lending : Enabled



In his memoir, *Beating*, Graeme Currie takes readers on a raw and honest journey through the highs and lows of addiction and recovery. Currie's story is one of hope and redemption, but it is also a cautionary tale about the dangers of addiction and the importance of seeking help.

Currie begins his story by describing his early life. He was a happy and well-adjusted child, but he began to experiment with drugs and alcohol in his teenage years. At first, he used drugs and alcohol to fit in with his friends. But as he got older, his use of drugs and alcohol became more and more problematic.

Currie eventually lost his job, his home, and his family. He was homeless and living on the streets. He was also addicted to heroin and crack cocaine. Currie's life was spiraling out of control.

One day, Currie reached a breaking point. He realized that he could not continue to live the way he was living. He decided to check into rehab. Rehab was a difficult experience for Currie, but it was also a life-changing one. He learned how to deal with his addiction and how to live a sober life.

Currie has been sober for over 10 years now. He is a successful businessman and a loving husband and father. He is also an advocate for addiction recovery. He speaks to groups about his experience and helps others to get sober.

Currie's story is a powerful reminder that addiction is a disease that can be overcome. With the right help, anyone can recover from addiction and live

a happy and fulfilling life.

Currie's Writing Style

Currie's writing style is raw and honest. He does not sugarcoat his experiences. He writes about his addiction and recovery in a way that is both gripping and heartbreaking. Currie's writing is also full of hope and redemption. He shows that it is possible to overcome addiction and live a happy and fulfilling life.

Currie's Message

Currie's message is that addiction is a disease that can be overcome. He wants to help others to get sober and live happy and fulfilling lives. Currie's story is a powerful reminder that there is hope for recovery.

Beating is a must-read for anyone who is struggling with addiction or who knows someone who is. Currie's raw and honest account of his journey through addiction and recovery is both inspiring and heartbreaking. Currie's story is a powerful reminder that addiction is a disease that can be overcome. With the right help, anyone can recover from addiction and live a happy and fulfilling life.

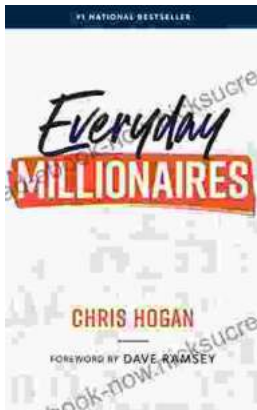


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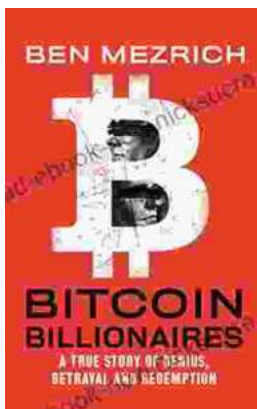
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