



Secret Keeping: Overcoming Hidden Habits and Addictions

John Howard Prin

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What do author James Frey and former president Bill Clinton have in common? They were both secret keepers, and their secrets had disastrous effects on their careers.

Millions of people hide addictions from their closest friends and family, often destroying their lives and the lives of others. This book explores how to break the secret-keeping habit and get the help and support needed to overcome addiction, rebuild self-esteem, and live honestly.

The first half of the book explores the human tendency to keep secrets and profiles a variety of secret keepers from all walks of life and with a wide range of addictions. The second half helps readers examine and understand their own addictions and secret keeping and offers a clear, step-by-step approach to healing and recovery. Based on the twelve-step program, this book offers a way to change your life for the better, one day at a time.

Practical solutions for countering secretive and destructive behaviors ranging from smoking to gambling to alcoholism

Addictions — to drugs, alcohol, smoking, gambling, eating, pornography, and sex — are considered to be at epidemic levels in the United States

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