

What People are Saying about

“Why Don’t They JUST QUIT?”

Customer Reviews:

“I recently read the book “Why Don’t They JUST QUIT?” by Joe Herzanek. My son had recently told us that he had an alcohol and Vicodin addiction. I didn’t know where to turn first. I talked to someone who had the book because of her son and she brought it to me right away. I could not put it down. I read it from front to back in one sitting. It was like all the answers I was asking in my head, were all answered in that book. It was literally a lifesaver for me. I was pretty sure before I read the book that I couldn’t handle what was coming next for my son. But it helped in so many ways. After I read it, I didn’t feel so lost and hopeless. I would recommend it to anyone dealing with this.”

—**Sandy T. (Marseilles, Illinois)**

“I purchased this DVD and book and was very excited to find some answers that you don’t get anywhere else. The book gives you an insight from the addict himself to understand the distorted thinking that comes with addiction. It will help you better understand and relate to the addict in your life. I actually bought several books and gave one to a Psychiatrist and he loved it and is recommending it to family of alcoholics as well as addicts. Thank you so much for creating this helpful book and DVD!!!! We love them!”

—**Sherry C. (West Linn, Oregon)**

“I recently purchased the DVD and book “Why Don’t They JUST QUIT?” by Joe Herzanek. Having a son with a severe alcohol/drug abuse problem, who has been through more than one treatment program, I was desperately looking for answers—not hype or glitter. I found the “roundtable” format of the DVD to be easy to follow. I consider “Why Don’t They JUST QUIT?” to be my “Bible” on drug abuse issues affecting the addict and the families (I loaned it to my son’s father and it looks like my Bible—yellow hi-lights, post-it notes, etc . . .). I refer to it over and over. Mr. Herzanek lays it out in a straightforward way, using his and others’ personal experiences to clarify the how and why of addiction and recovery. This is a must have tool for anyone that is impacted by a loved one’s addiction.”

—**Mari N. (Burlington, Washington)**

“I have read quite a bit of books and literature on Alcoholism and I can tell you this is my favorite one. It was hard to put down. Mr. Herzanek speaks from experience and he truly cares about trying to help others with addictions. My husband is an alcoholic and this book has shown me that it is okay not to give up on him, and that there is hope. It also tells of ways you can show “tough love” and “raise their bottom” when needed. I now have my prayers answered. Reading this book gave me the courage to try some things that are very difficult for me to do. This book was a real eye opener for me. Again, I would recommend “Why Don’t They JUST QUIT?” to anyone dealing with addictions.”

—**Jessica P. (Vacherie, Louisiana)**

“This DVD, along with the book, are about the only tools available to us loved ones on the outside, who want to help a substance abuser begin the spiritual journey to healing, peace, and rest. It is perfect to start one’s own education about this insidious disease, and then to share it with the rest of the family and friends, who may not have the time to read a new book, but will take a few hours to watch a DVD. This is all it will take to open the door.”

—**Robb Burgie (Pineville, North Carolina)**

“I recommend this book for anyone that has a family member or a friend with an addiction. It gives you first hand experiences from the author—who has been there. I can’t recommend this book enough. It is one of those books, that when you start reading, you can’t put it down. It helped me to understand what my son must be going through and pretty much what to expect. It is a book about real people.”

—**Carla E. (Marseilles, Illinois)**

“Thank you, thank you . . . I have been struggling for many years to encourage my husband to stop enabling our youngest son (27) who has been using since he was 13. Last weekend he ended up in jail again (thank God) and I took the firmest stand ever for me and finally convinced my husband to leave him there!! Man, it was hard, but the neat thing is that while Gogging for info about “enabling” he came across this book, and we ordered it. And he finally got “it” that we should not bail our son out after reading through several sections on enabling!! So, we shall see. I just wanted to tell you thank you for your wonderful work . . . I love the newsletters & articles . . . I feel so empowered, and not hopeless as before!! God bless from Loveland.”

—**Pat M. (Loveland, Colorado)**

“This is a thoughtful and caring book written for the everyday person with an addicted loved one. It is very helpful when you are alone and desperately hoping your loved one is safe because he isn’t home and you know he is out using again.”

—**Karon W. (Concord, North Carolina)**

“The book is proving to be of great solace. I read all of my Al-Anon books, and attend meetings, and I have a wonderful church family, but this book presents some new thoughts to me. Your book is wonderful! It is as if you have been here in my home, observing.”

—**Rosemary L. (Anderson, Indiana)**

“Just got my books. I’m previewing it and just hit a, “Thank you, Lord!” moment on page 105 about raising the bottom. I have wondered about that idea for some time now, but couldn’t seem to find professionals nor support groups who I felt were smart enough to answer my questions. I could continue, but to keep it short: Bless you all for putting out these resources!”

—**Robb B. (Pineville, North Carolina)**

“Many of you reading this book are facing the battle of your life. Alcohol and drugs consumed my daughter’s life. I can’t put into words—the anguish of attending my daughter’s funeral. I wish I would have had this book long ago. Maybe Mia would still be here. I didn’t know how to help her. Why Don’t They JUST QUIT? is full of answers I could have used.”

—**Pam M. (Niwot, Colorado)**

"Your story has encouraged me and helped me to deal with my son's addictions and has given me great peace as a parent. I no longer feel alone with a terrible cloud of guilt; my son's choices have been his own, and I as a parent have done all I can. I will continue to love him and encourage him and, as far as possible, allow him to make his mistakes knowing that it is okay to do so. Your book exposed my own trigger points and how I can handle them better. I can put away the guilt and the shame, pick up my own pieces and move forward, helping him to do the same. Joe, your personal story has restored my hope, faith and so much more."

— **Kathy C. (Longmont, Colorado)**

"The best book ever to help addicts, their friends and families. It really can help you understand the insanity of it all. Addiction maybe one of the hardest things to wrap your mind around. This book helps in so many ways to clear up fact from fiction!!"

— **Jami H. (Fairview, Kansas)**

"After painfully watching my sons' struggle with their substance abuse addictions for 10 years and trying desperately to help them, to no avail, this book spoke to me in a manner in which no other book on this subject ever did. Through Mr. Herzanek's experience and knowledge of this insidious disease, he gave me the strength, courage and hope to help my sons start on a road to recovery. I also contribute his words, to my healing as well. I recommend this book to anyone caught in the web of addiction, whether it be the one addicted or the loved one of an addicted person."

— **Janis P. (Brookings, Oregon)**

"God bless you. I attend Al-Anon, but when I saw the ad on the internet for your book, I felt it was exactly what I needed to read. Al-Anon and AA are a Godsend, but I have found other "books" to be very general and a little outdated with today's times. Joe's book has answered so many questions for me that I can relate to and put into practice. It is a must-read for anyone struggling with an addiction or an addict in their life."

— **D.B. (Lakewood, Colorado)**

"I am finding your book full of amazing information. My son has been on drugs for 6 years and finally is in a rehab for six months. He is doing the 12 steps very seriously and doing very well in the program. My husband and I invited him to come home and start his life once again. We have been going to Al-Anon and thought we would start going to family counseling with him to make sure we stay on track at all times. I want to make sure that I don't ever enable him again and feel a little scared. Thank you."

— **S.M. (Indio, California)**

"I was truly touched by Joe's struggles through life and the way he was able to help his son avoid the very same problems he experienced in early adulthood. We all are affected by addictions: the person at work, a distant family member or even within our own family. Joe opens his life for everyone to see, helping parents and loved ones to look for warning signs and identify steps that one can take, to begin the recovery process."

Joe is committed to those with an addiction—to begin recovery and total freedom. I encourage anyone, whether you are a parent, spouse or friend of an addict, or person with the problem, to take advantage of this information and once and for all, break the chains of addiction."

— **Michael W. (Kansas City, Missouri)**

"I wish I would've known about your book years ago. My 22-year-old son battled drug addiction for years. In and out of rehabs. His drug of choice became crystal meth. Austin couldn't find the way to break free from meth. He took his life last August. Austin was so tired of the grips meth had on him. He couldn't see any way out. Please visit his memorial website (www.austin-hesse.last-memories.com). I miss my son so much."

— **Jill S. (Eldridge, Iowa)**

"I started reading the book and couldn't put it down. It is very easy to read. I have a brother that is an addict and it helped me see the other side of things. I plan on sharing this book with him."

— **LeAnn K. (Longmont, Colorado)**

"... I read your book twice. I thought I knew quite a bit about alcohol addiction but in reality, I probably only knew 20% before reading your book. I dated a lady for 6 months and had to end it with her after many conversations (about her excessive drinking) ended up falling on deaf ears. This was extremely excruciating as we had discussed living together and planning to have a life together. She decided that her "best friend" was more important than me and our relationship. This hurt quit a bit, but she made a decision that getting "high" was a very "high" priority for her. I commend you for your book and your tenacity in being in recovery for such a prolonged period. Keep it up!"

— **C.H. (Denver, Colorado)**

"I found this book "Why Don't They JUST QUIT?" To be an excellent read in terms of gaining a very keen understanding of alcohol and drug addiction. Having very little knowledge of the why, what, how and when of addiction, I found this book to be extremely forthcoming with personal and educational insight into a very complex, but solvable, problem."

Although alcohol and drug addiction is weighted heavily with emotional issues, it is, without a doubt, a very serious disease—something that everyone involved needs to address immediately. After reading this book I felt a sense of relief knowing that there will be a light at the end of the tunnel."

— **Steve B. (Castle Rock, Colorado)**