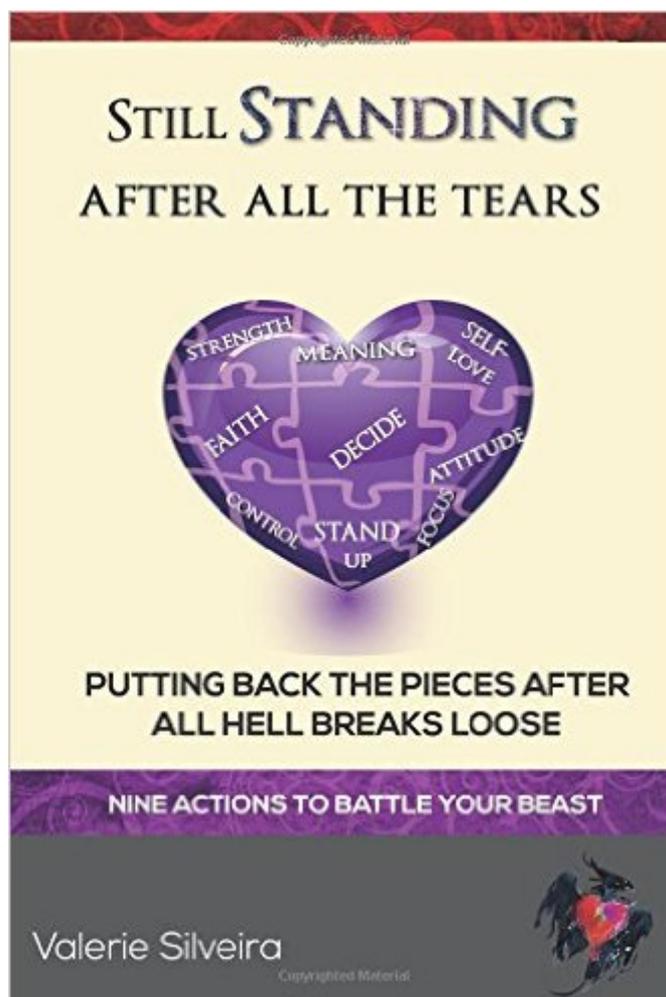


The book was found

Still Standing After All The Tears: Putting Back The Pieces After All Hell Breaks Loose



Synopsis

In 2004, Valerie Silveira's 18-year-old daughter was shot by her ex-boyfriend. Over the next decade, Jordan's life spun further out of control and, as a result, Valerie's plunged into darkness. She would face the heartbreaking reality that her daughter is a heroin addict, and the painful truth that she is powerless to save Jordan from her Drug Addiction Beast. Are you living with a Beast? They come in all shapes and sizes. Some arrive because of an alcoholic or addict in the family, abuse, abandonment, an accident or illness, loss, perfectionism, or something else. Many are a combination of two or more. A Beast is that situation, person, attitude, or circumstance that has left you lost, defeated, frustrated, angry, hopeless and helpless, or living in paralyzing fear. Our Beasts remind us of the past, keep us from living in the present, and fearful of the future. Beginning three years prior to the shooting, Valerie stepped onto what she calls the Roller Coaster From Hell. Her Codependent Enabler Beast rode it with her, but it would take Valerie nearly thirteen years to acknowledge the Beast that was slowly taking over her life. With a heart shattered into a million pieces, a broken family, health issues, financial hardship and depression, Valerie was giving up the hope of ever being happy again. *Still Standing After All the Tears* takes you on a journey through the agony and hopelessness of losing a child over and over again to drug addiction. Valerie shares her very painful journey to battle her own two-headed Codependency Enabler Beast. This book will give hope to anyone living with any kind of Beast - that you too have what it takes to stand up and fight. She developed the Nine Actions to Battle Your Beast that are helping countless others to stand up and fight; to put the pieces back together after all hell breaks loose. **Nine Actions to Battle Your Beast** 1. Decide to Stand Up & Fight 2. Get On Your Spiritual Armor 3. Put On Your Oxygen Mask 4. Build Your Circle of Strength 5. Change Your Attitude 6. Adjust Your Focus 7. Stop Being a Control Freak 8. Stand On Your Story 9. Make Meaning From the Madness Valerie has an incredibly relatable style and her sense of humor shows through the pain. This book is important not only for families of addicts or domestic abuse victims, but also for anyone struggling to move through or past a serious life situation. The Nine Actions to Battle Your Beast are the very actions that Valerie still uses today and that are helping others to stand up and reclaim their lives. If you are a mother of an addict or have a family member or loved one who is an addict, this book is for you. If your Beast has nothing to do with addiction, this book is still for you. No matter what Beast you have been living with, the Nine Actions To Battle Your Beast could mean the difference between living and really living.

Book Information

Paperback: 302 pages

Publisher: Rockin' Redhead Group, The (February 10, 2015)

Language: English

ISBN-10: 098611040X

ISBN-13: 978-0986110405

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (65 customer reviews)

Best Sellers Rank: #266,803 in Books (See Top 100 in Books) #262 in [Books > Health, Fitness & Dieting > Mental Health > Codependency](#) #263 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Drug Dependency](#) #5336 in [Books > Self-Help > Relationships](#)

Customer Reviews

I highly recommend Still Standing for anyone and everyone! At first it is a heart breaking, heart wrenching story about a perfectly happy daughter gone to heroin and gang violence. Imagine, as a parent, doing the very best for your kids, life seemingly pretty darn good and then BAM! everything just goes all wrong! Street drugs, heroin in particular, have become rampant across the country. I personally have 4 friends who have "lost" their children to this horrific drug who battle daily. They, like Valerie, try to help/fix/save their addict children, while still parenting their other children all while trying desperately to live a life of some kind of "normalcy" (like getting dressed, going to work, talking to people). The book moves into hope and actual steps to take to get your life back, even though the struggles may continue. You don't have to be a parent of an addict to get something out of this book. We all have struggles, Beasts as Valerie says, and this book has action steps, not fluff but to the point steps that teach us how to deal with it all. And not just cope but pick ourselves up off the floor, out of the puddle we've been mired in, get out of shame, guilt & despair, and actually live the beautiful life we are here to have. The author is using this tragedy and sharing her story to help others...so courageous. I'm definitely buying copies for my friends who are suffering.

There is a reason that every reviewer so far has rated this book 5 Stars. It speaks to us all! Still Standing After All the Tears is written by a real person, not a professional therapist. As such it is like a conversation with a friend, who tells you her tragic, heartbreaking story, then shows us how to combat the Beast that resides in all of us, be it addiction, depression, codependency, or enabling. Valerie Silveria uses the term Beast to denote the internal struggles that life throws our way. She

begins with the open, honest story of seeing her daughter change from a happy child to a heroin addict shot by her boyfriend. It took many years of pain to finally come to the point where Valerie realized she was enabling her daughter, and in a codependent relationship with her. Facing the fact that she was destroying herself and unable to help her daughter, she set about rebuilding her life, discover along the way *Nine Actions to Battle Your Beast*. This book does not read like a self-help book. It describes in a common sense no nonsense way how to battle the beast within and triumph. Ms. Silveria unashamedly details the depths to which one can fall, and the steps to take to rise above. She makes us believe that we can rise too. Her story and her writing are so inspiring that I recommend it to everyone. Even if you don't have a Beast within you probably know someone who does. A personal aside: Valerie is a member of my family who lives far enough away that we don't see each other much. I knew the facts of her story but not the utter devastation it caused. Val put on such a brave face. Remember that you never know who may be battling a Beast. Be kind to everyone! *Still Standing After All the Tears* should be required reading. It teaches us that we need to seek understanding of ourselves and others, and clearly shows us the path we can follow to take charge of our lives again.

"It is time for you to take your life back." ~ Valerie Silveira Valerie Silveira is a very strong woman who has been through hell because she was in a situation of codependency with her daughter who is a drug addict. When she says in her book that she asked for patience, I had a moment of enlightenment. When I asked for the same thing years ago, my life was turned upside down. It is really the prayer that God always answers. And to become patient you often have to go through many trials. I however think Valerie Silveira was born to write this book to help women fight their own beasts. Sometimes we have to go through hard times in order to help others. I would say this is the case with Valerie's life. This book is really a meaningful journey that can help you realize why bad stuff may be happening to you and your family. If you want to get to a place of peace, patience, wisdom, empathy and courage there are practical steps you can take to get there. I feel this book will really help you and encourage you to take back charge of your life. This book has very good advice about codependency and how it can enable an addict. While reading this book I did think of my mother and all she did to help my oldest brother. Even though she did all she could he still ended up choosing to be homeless and died of a drug overdose. I wish I'd had this book to give her when she was struggling the most. So please read it before it is too late. ~The Rebecca Review I received one free book for review purposes. This review is my honest opinion.

I read this book in one sitting. I could see myself and my addicted family throughout the book. I felt so encouraged by the 10 Action steps. I also felt there is hope for myself, my daughter and my granddaughter.. The book was very well written and can easily be referred back to again and again.

Well written account of living with an addict. Many thought provoking points raised that are valuable for anyone. Valerie uses her own heart wrenching & devastating story to help others and provide insight into the key steps in breaking away from your 'beast' by using the experiences of life. This is a book that I will pass along to several people in hopes that they too, will find these steps useful in creating a more balanced and purposeful life without the pain & darkness that follows addiction in any family.

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