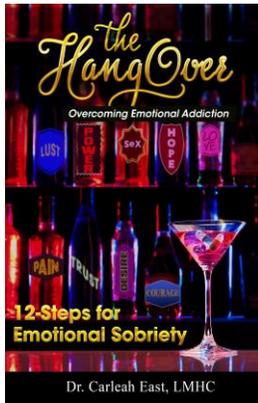




FOR IMMEDIATE RELEASE

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Locally Renown Psychotherapist Helps Women Overcome Emotional Addiction
New Book Release: The Hangover



St. Petersburg, FL - December 5, 2017 - St. Petersburg native Dr. Carleah East, LMHC, announces the release of her new book, *The Hangover: Overcoming Emotional Addiction – 12 Steps for Emotional Sobriety*. Inspired by conquering her own challenges with abusive relationships and self-doubt, the author outlines a compelling self-help framework, with advice for creating transformational healing. *The Hangover* is considered an excellent resource for women’s empowerment and is available for purchase online at <http://thesapphirewoman.com/>

This book defines an emotional addict as, “an individual who is addicted and emotionally attracted to the highs and lows of a relationship.” “When this happens, the emotional chemistry in the affected individual’s brain and receptors create an addiction,” states Dr. East. “As a result, the addict adjusts him or herself to a “roller coaster” of emotions and feelings,” she further notes.

Book synopsis ...

Have you ever tried to move forward from a broken relationship, only to keep circling back? Why can't you get over this person? Questions like these are more common than you think. The Hangover takes you through the 12 steps of recognizing, dealing and healing from Emotional Addiction. You already know what didn't work in your past relationships, now let's understand why and how not to repeat the same nonsense. Having a sober heart and mind is the only way to really find happiness. Once this is a reality, intimacy and love won't be far behind.

The public is encouraged to attend a celebration of the book launch at SubCentral of the Iberian Rooster, December 16, 3-7:00 p.m., at 475 Central Avenue, Suite 100, Saint Petersburg, FL 33701. *The Hangover Book Launch Red Carpet Premiere* will include: a red-carpet walk, step & repeat photo op, book signing, complimentary hors d'oeuvres and dessert, door prizes, take home gift bags, and great music. Reservations are required and may be made online through Eventbrite at: <http://bit.ly/2AnNIRa>.

Dr. East is dedicated to empowering women of all backgrounds through The Sapphire Woman, an organization inspiring women to reclaim their power, embrace their truth, and design their destiny.

ABOUT CARLEAH EAST, PH.D., LMHC

Dr. Carleah East is a Clinical Psychotherapist, Licensed Mental Health Counselor and Psychology Professor. She attended the University of Central Florida in Orlando for her Bachelor of Arts in Psychology with a minor in Sociology. She obtained a Masters of Arts in Mental Health Counseling from Argosy University and was awarded a Ph.D. in General Psychology from Capella University. She operates a private practice called S.M.I.L.E – Solving & Managing Issues w/ Love & Enrichment, and is a Psychology Professor at St. Petersburg College. Dr. East is available for media interviews, book club presentations, speaking engagements, and book signings. Visit her website at <http://thesapphirewoman.com/>. Also follow Dr. East @TheSapphireDiva on Facebook, Twitter, and Instagram.

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