



# Hi, My Name Is Jack: One Man's Story of the Tumultuous Road to Sobriety and a Changed Life

*Jack Watts*

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In this grippingly honest narrative about one man's journey from addiction and self-destruction to recovery and a changed life, readers will be dismayed at the hurtful patterns of his two alcoholic parents and how they scarred and shaped the outcome of their three sons forever. Watts openly talks of his multiple failed marriages, strained relationships with his children, overwhelming business losses, and the self-loathing and guilt that plagued him for years.

In spite of all of this, Jack held on to the conviction he made more than fifteen years ago never to drink again. Gradually learning to make better choices, he discovered how to move past deeply engraved dysfunctions and become a productive, loving adult. Included are accounts of his efforts to live out the twelve steps in restoring relationships with family members and confronting the offender who molested his three daughters.

A story like this is one that continues throughout a lifetime. The glimpses shared in these pages will inspire readers to be honest about their own demons and provide hope for a fulfilled and joyful life beyond the shackles of addiction.

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