



# Comfortably Numb

*Mike Casey*

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## **Comfortably Numb** Mike Casey

Mine is a story of a son desperately seeking validation at any cost. You might say I was looking for love in all the wrong places. For me, I addiction seemed to be some of the only common ground I could find with my dad. Our mutual downward spirals because of substance wasn't my first choice of things to share between a father and a son but it seemed to be the only thing that leveled the playing field and brought us together. My story is just one of many tragic stories brought about by my always trying to become strong enough to face my dad and try to right all the wrongs. Sadly he died. This brought the reality it was time to stop blaming everyone for all the wrongs in my life and move forward. My new life moved into one with a life of recovery and a path to find a spiritual direction. You'll find inside these pages my path and struggles, through ups and downs... along the way, much less my almost loss of life because recovery didn't come as easily for me as it does for some.

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Many people spending their time frame by playing outside having friends, fun activity together with family or just watching TV the entire day. You can have new activity to spend your whole day by reading a book. Ugh, ya think reading a book can definitely hard because you have to take the book everywhere? It ok you can have the e-book, delivering everywhere you want in your Smartphone. Like Comfortably Numb which is finding the e-book version. So , why not try out this book? Let's notice.

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